

Ingredients

1/2 cup uncooked bulgur	1/2 can black beans, (16 oz)
1 Tbsp water	1 can petite diced tomatoes, (14 oz) undrained
1/2 large onion, chopped	1/2 can tomato paste (3 oz)
1/2 green pepper, chopped	2 1/2 cups water
1/2 red pepper, chopped	1 Tbsp chili powder
1 cup carrots, shredded	3/4 tsp ground cumin
1/2 jalapeno, deseeded, minced	1/8 tsp black pepper
1 clove garlic, minced	1 tsp hot sauce to taste (Optional)
1/2 can kidney beans, (16 oz)	

Instructions

Cook bulgur according to package directions and set aside.

In a large pot heat 1 Tbsp water. When the water begins to sputter, add onions, peppers, carrots, and jalapeno pepper, cook stirring until soft, adding water just as needed to prevent sticking. Stir in garlic and sauté for 1-2 minutes. Stir in bulgur, beans, tomatoes, tomato paste, water and spices. Bring to a boil, reduce heat to simmer 20-30 minutes.

Nutrition Information Per Serving

Serving Size: 1 cup

6 servings

Calories: 160

Fat: 1 gm

Sodium: 200 mg

Fiber: 10 gm

Carbohydrates: 33 gm

Protein: 8 gm