



Bulgur Chili

Serves 12- 1 cup

amount	unit	Ingredients:
1	cup	uncooked bulgur
1	Tbsp	water
1	each	large onion, chopped
1	each	green pepper, chopped
1	each	red pepper, chopped
2	cups	carrots, shredded
1	each	jalapeno, deseeded, minced
4	cloves	garlic, minced
1	can	kidney beans, 16 oz can
1	can	black beans, 16 oz can
1	can	petite diced tomatoes, un-drained, 28 oz can
1	6 oz can	tomato paste
5	cup	water
2	Tbsp	chili powder
1.5	tsp	ground cumin
0.25	tsp	black pepper
1	tsp	Hot sauce to taste (optional)

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.

Simmer 20-30 minutes.

Nutritional Information:

Calories: 160; Carbohydrates: 33g; Fiber: 10g Protein: 8g; Fat: 1g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 200mg