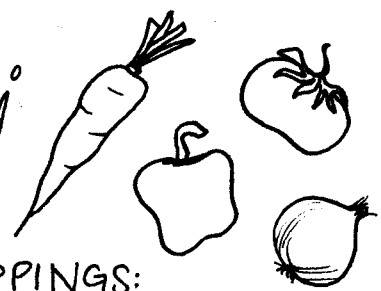


Vegetarian Chili



- 4 cups cooked assorted beans
- 3 tablespoons vegetable oil
- 1 medium onion, finely chopped
- 2 carrots, peeled and finely diced
- 1 bell pepper, diced
- 5 cloves garlic, minced
- 3 tablespoons chili powder
- 1 tablespoon cumin
- 1/2 cup bulgar
- 1 teaspoon oregano
- 1 28oz can chopped tomatoes
- 1 teaspoon tomatoe paste,
dissolved in 3/4 cup warm water
- 2 teaspoons salt, plus more
to taste

OPTIONAL TOPPINGS:
chopped cilantro, jalapeños,
green onion, sliced radish,
grated cheese, sour cream,
lime wedges.

HINTS:
For 4 cups cooked beans,
start with 2 cups dried, or
use 3 15-ounce cans
Use poblano or anaheim
peppers in place of bell pepper
for a fresh, spicy taste.



- ① In a heavy-bottomed pot, heat 3 tablespoons of olive oil over medium heat. Add onion and sauté until soft. Stir in garlic, and sauté until fragrant, another 30 seconds - 1 minute. Add the carrots and the bell pepper, and cook until tender.
- ② Add the spices and cook until they are fragrant and spices are starting to stick to the bottom of the pan.
- ③ Add the bulgur, oregano, tomatoes, and 2 teaspoons salt. Bring to simmer and cook until carrots are soft. Stir in the tomato paste dissolved in water, and beans. Bring back to simmer and continue to cook for 5-10 more minutes
- ④ Taste, and add salt if needed.
- ⑤ Stir in the cilantro to serve, or use as garnish. Also garnish with lime, jalapeños, grated cheese, green onions, sour cream, and sliced radish.