



Bulgur Wheat Chili

Ingredients:

2 tsp olive oil
1 C chopped onion
1 C chopped red and green bell peppers
(or just red)
½ finely chopped jalapeno pepper
½ C sliced mushrooms
2 C water
¾ C dry bulgur wheat
1 can (14 ounces) kidney beans, drained
1 can (14 ½ ounces) diced tomatoes
½ C tomato sauce (optional)
3 cloves minced garlic
1 TBSP chili powder
1 tsp paprika
1 tsp dried oregano
½ tsp cumin seeds (or ½ tsp ground cumin
if unavailable)
½ tsp cayenne pepper
½ tsp ground black pepper
½ tsp sea salt (or add more, to taste)

Garnish: Low-fat sour cream, grated
cheddar, chopped green onion

Directions:

Take half to three-quarters of the kidney beans, mash loosely with a fork in a bowl and set aside. In a medium-sized pot, heat oil on medium-high heat. Add the cumin seeds and heat for about one minute then add onion, bell peppers and garlic. Sauté for several minutes until ingredients are soft.

Add in about 1 cup of the water, kidney beans (whole and mashed), tomatoes, mushrooms, chili powder, paprika, oregano, cayenne pepper, black pepper and salt and bring to a boil for a few minutes.

Then add the bulgur and rest of the water. Continue to boil for about 8-10 more minutes, stirring often. Reduce heat and simmer on low while covered for about 15 minutes until the chili thickens as the water absorbs into the bulgur. Stir occasionally. Add additional water if required, if mixture becomes too thick.

Leave at low heat to keep warm until served. Top with some sour cream, grated cheese and chopped onion.

Serves 4 to 6.

