

# SPICY TWO-BEAN VEGETARIAN CHILI—Rick Reisman

YIELD—Makes 6 servings

## INGREDIENTS

- 2 Tbsp olive oil
- 1 onion, chopped
- 2 carrots, peeled, thinly sliced
- 1 red bell pepper, seeded, chopped
- 2 Tbsp chopped pickled jalapeños
- 1 28-ounce can crushed tomatoes with added puree
- 3 c Better than Boullion veggie broth
- 2 15-ounce cans black beans, rinsed, drained
- 2 15-ounce cans kidney beans, rinsed, drained
- 1/2 cup bulgur wheat (\*contains gluten)
- 2 Tbsp white wine vinegar
- 5 garlic cloves, minced
- 2 Tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1/2 tsp ground cinnamon
- Salt to taste
- Garnishes-shredded cheddar cheese, cilantro, or sour cream

## PREPARATION

Heat 2 Tbsp olive oil in heavy large pot over medium-high heat. Add onion, carrots, red bell pepper, and jalapeños and sauté until onion and carrots are almost tender, about 8 minutes. Add tomatoes, 3 c veggie broth, beans, bulgur, white wine vinegar, garlic, and spices. Bring to boil. Reduce heat to medium-high and cook, uncovered, until bulgur is tender and mixture thickens, stirring often, about 20 minutes. Add salt to taste.

Ladle chili into bowls and serve. Garnish with cheddar cheese, chopped cilantro or sour cream as desired.