



Vegetarian Friendly Chili

INGREDIENTS:

2 tsp olive oil	1 ½ cups bulgur
2 cups onion, chopped	1 can (16 oz.) kidney beans, drained
1 cup green bell pepper, chopped	1 can (15 oz.) black beans, drained
1 cup red bell pepper, chopped	1 can (14 ½ oz.) diced tomatoes (undrained and no salt added)
1 ½ Tbsp chili powder	1 can (14 ½ oz.) vegetable broth or stock
1 Tbsp dried oregano	2 pieces canned chipotle chilies in adobo sauce, minced
1 Tbsp unsweetened cocoa	2 cups (8 oz.) cheddar cheese shredded, reduced-fat
1 tsp ground cumin	
6 cloves garlic, minced	
2 cups water	

PREPARATION:

- Pre-heat oven 375°F.
- Heat oil in saucepot.
- Add diced onion and the next seven ingredients.
- Stir and sauté 5 to 10 minutes.
- Add water and next seven ingredients.
- Bring to a boil.
- Reduce heat, simmer uncovered for 10 minutes and stir occasionally.
- Spoon half of bean mixture into the bottom of a 13 X 9 inch baking dish.
- Sprinkle with 1 cup of the cheese.
- Top with remaining bean mixture.
- Cover and bake for 30 minutes at 375°F.
- Uncover and sprinkle with remaining cheese.
- Bake an additional 10 minutes.

Serve with baked tortilla chips or one 6" corn tortilla (60 calories, 0 grams fat)

Number of servings: 12
Serving size: 1 ½ cups
Calories per serving: 214
Fat grams per serving: 3.3

