

Bulgur Chili

Healthy grain gives a texture similar to ground beef. Different, but good, flavor.

Garlic cloves, minced (or 3/4 tsp., 3 mL, powder)	3	3
Chopped onion	1 1/2 cups	375 mL
Diced carrot	1 cup	250 mL
Olive (or cooking) oil	1 tbsp.	15 mL
Cans of red kidney beans (14 oz., 398 mL, each), drained and rinsed	2	2
Cans of stewed tomatoes (14 oz., 398 mL, each), with juice, chopped	2	2
Sliced fresh mushrooms	3 cups	750 mL
Chopped green pepper	1 cup	250 mL
Can of tomato sauce	7 1/2 oz.	213 mL
Water	1/2 cup	125 mL
Ground cumin	1 tsp.	5 mL
Chili powder	1 tsp.	5 mL
Dried sweet basil	1 tsp.	5 mL
Bulgur wheat	1 cup	250 mL

Sauté garlic, onion and carrot in olive oil in large frying pan until onion is soft and carrot is tender-crisp. Turn into ungreased 3 quart (3 L) casserole.

Add next 9 ingredients. Stir. Cover. Bake in 350°F (175°C) oven for 1 hour, stirring half-way through cooking time.

Add bulgur. Stir. Cover. Bake for 30 minutes until liquid is mostly absorbed. Makes 10 cups (2.5 L).

1 cup (250 mL): 177 Calories; 2.2 g Total Fat; 474 mg Sodium; 8 g Protein; 35 g Carbohydrate; 7 g Dietary Fiber

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