



Vegetarian Chili

1 15-oz can kidney beans
1 15-oz can pinto beans
1 cup raw bulghar
1 cup tomato juice
4 cloves crushed garlic
1 ½ cups chopped onion
1 cup each, chopped: celery, carrots, green peppers
2 cups chopped canned tomatoes
Juice of ½ lemon
1 teaspoon ground cumin
1 teaspoon basil
1 teaspoon chili powder (more, to taste)
Salt and pepper to taste
3 tablespoons tomato paste (optional – add if you want a thicker chili)
3 tablespoons dry red wine
Dash of cayenne (more, to taste)
Olive oil for sauté (about 1 tablespoon)

1. Drain the beans. If the beans are high in sodium you may want to also rinse the beans in a colander to reduce the sodium content.
2. Heat tomato juice to a boil. Pour over raw bulghar. Cover and let stand at least 15 minutes (It will be crunchy, so it can absorb more later.)
3. Sauté onions and garlic in olive oil. Add carrots, celery, and spice. When vegetables are almost done, add peppers. Cook until tender.
4. Combine all ingredients and heat together gently.

Serves 6-8. *Per serving: 192 calories, 4grams fat, 36 grams carbohydrate, 438 mg sodium, 4 grams fiber, 0 mg cholesterol.* Adapted from *The Moosewood Cookbook*

Catherine Gibson, our exercise specialist, recently made this chili and said it was delicious. This recipe is a bit more labor intensive than I typically like for Recipe of the Month, *but* it is chocked full of nutritious ingredients. Make a batch and freeze it for the next spell of cold weather.

Bulghar is not a foreign food; it is cracked wheat that gives the chili a meaty texture. It is available at The Fresh Market, Earth Fare or The French Broad Food Coop. Catherine suggests adding corn, zucchini, or any leftover vegetables to your chili to make it even tastier.

Your Partners in Health,
Candace and Lucy