

Spicy Two-Bean Vegetarian Chili

Ingredients

Makes 6 servings

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, peeled, thinly sliced
- 1 red bell pepper, seeded, chopped
- 3 large jalapeño chilies, seeded, minced (about 4½ tablespoons)
- 1 28-ounce can crushed tomatoes with added puree
- 3 cups water
- 2 15-ounce cans each of black beans and kidney beans, rinsed, drained
- ½ cup bulgur
- 2 tablespoons white wine vinegar
- 5 garlic cloves, minced
- 2 tablespoons chili powder
- 1½ teaspoons each of ground cumin and ground coriander
- ½ teaspoon ground cinnamon



Directions

Heat 2 tablespoons 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 cups water, beans, bulgur, white wine vinegar, garlic and spices. Bring to a boil. Reduce heat to medium-high and cook, uncovered, until bulgur is tender and mixture thickens, stirring often, about 20 minutes. Ladle chili into bowls and serve. .