

Spicy Two Bean Chili

A cozy hearty dish which provides 18g of protein per serving (see last blog post on how much protein you need a day) and has a meaty feel because of the bulgar. Double the recipe (that's what we did here) for a gathering or to freeze for easy lunch/dinners.

Serves: 6

Ingredients:

- * 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 4 1/2 tablespoons)
- * 1 28-ounce can crushed tomatoes with added puree
- * 3 cups water
- * 2 15-ounce cans black beans, rinsed, drained
- * 2 15-ounce cans kidney beans, rinsed, drained
- * 1/2 cup bulgur*
- * 2 tablespoons white wine vinegar
- * 5 garlic cloves, minced
- * 2 tablespoons chili powder
- * 1 1/2 teaspoons ground cumin
- * 1 1/2 teaspoons ground coriander
- * 1/2 teaspoon ground cinnamon

Preparation:

1. Heat 2 tablespoons olive oil in heavy large pot over medium-high heat.
2. Add onion, carrots, red bell pepper, and jalapeños and sauté until onion and carrots are almost tender, about 8 minutes.
3. Add tomatoes, 3 cups water, beans, bulgur, white wine vinegar, garlic, and spices.
4. Bring to boil.
5. Reduce heat to medium-high and cook, uncovered, until bulgur is tender and mixture thickens, stirring often, about 20 minutes.
6. Ladle chili into bowls and serve.

* Also called cracked wheat; available at natural foods stores and supermarkets.

Recipe adapted from Epicurious

<http://www.epicurious.com/recipes/food/views/Spicy-Two-Bean-Vegetarian-Chili-107274#ixzz13Uco644f>