



VEGAN CHILI

This super hearty chili will warm you up and leaving you feeling satisfied and energized!

 30 minutes

 1 hour and 30 minutes

 8 portions

INGREDIENTS

- 1 cup, chopped of onions, raw [160 g]
- 1 cup strips or slices of carrots, raw [122 g]
- 1/4 cup, sliced of peppers, jalapeno, raw [23 g]
- 3 cloves of garlic, raw [9 g]
- 1/2 cup of bulgur, dry [70 g]
- 1 tbsp of spices, chili powder [8 g]
- 1 whole tsp of spices, cumin seed [2 g]
- 2 cups, chopped or sliced of tomatoes, red, ripe, raw, year round average [360 g]
- 1.5 cups of tomato products, canned, sauce, with tomato tidbits [366 g]
- 1.5 cups of beans, black, mature seeds, cooked, boiled, without salt [258 g]
- 1/4 cup of coriander (cilantro) leaves, raw [4 g]

COOKING METHOD

- ¹ PREPARATION 1. Heat the oil in a Dutch oven or large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring oen, until the onion is so and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined. 2. Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (173 g)	% DRI
ENERGY	67 kcal	116 kcal	6 %
FAT	0 g	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	30 mg	52 mg	2 %
CARBOHYDRATE	14 g	24 g	8 %
SUGARS	2 g	3 g	—
FIBER	4 g	6 g	25 %
PROTEIN	3 g	6 g	—