

Vegetarian Chili

*from **Better Food for Pregnancy**
written by Daina Kalnins and Joanne Saab
A favorite from the kitchen of Amye Wallace*

This was a great recipe for me to start the transition to vegetarianism and it continues to be the family favorite. It is also the one I tend to take to potlucks and such as most people like it, veggies and non veggies. I add spinach or any vegetables we have. It is also very easy to make.

1 onion, chopped
1 green bell pepper, chopped
1 red pepper, chopped
1 garlic clove, minced
1 can (28 oz) diced tomatoes with juice
1 can (5.5 oz) tomato paste
1 can (19 oz) kidney beans, drained & rinsed
1 can (19 oz) black beans, drained & rinsed
1 cup bulgur
3 cups water
1 Tbsp ground cumin
1 Tbsp chili powder
1 tsp salt
1/2 tsp freshly ground black pepper
pinch ground allspice

- In large saucepan, saute onion, green and red pepper, in a little water until tender, about 5 minutes.
- Add garlic and saute for 1 minutes.
- Add tomatoes, tomato paste, kidney beans, black beans, 3 cups water, bulgur, cumin, chili powder, salt, pepper and allspice. Bring to a boil.
- Cover, reduce heat and simmer, stirring occasionally, until bulgur is tender, about 20 minutes.

[Back to Recipes](#)