

# Half-Hour Chili



This truly tasty half-hour vegetarian chili is made possible by using convenient canned beans and tomatoes (no pantry should be without them). Whole-grain bulgur adds another layer of toothsome texture and nutritional heft. This chili is relatively mild, so it's a good crowd-pleaser. If you like it spicy, add extra chili powder or serve with hot sauce.

## Ingredients

- 1 tablespoon canola oil
- 3 medium onions, chopped
- 1 carrot, chopped
- 1 tablespoon finely chopped jalapeño pepper
- 2 cloves garlic, finely chopped
- 1–2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon brown sugar
- 1 28-ounce can plus one 14-ounce can whole tomatoes, chopped, with juices
- ¼ teaspoon salt
- 2 15-ounce cans red kidney beans, rinsed
- ⅓ cup bulgur
- ½ cup nonfat plain yogurt for garnish
- ⅓ cup chopped scallions for garnish
- ¼ cup chopped fresh cilantro for garnish

## Instructions

1. Heat oil in a Dutch oven over medium heat. Add onions, carrot, jalapeño, garlic, chili powder to taste and cumin. Cook, stirring often, until the onions and carrot are soft, 5 to 7 minutes.
2. Add tomatoes with their juices, sugar and salt; cook for 5 minutes over high heat. Reduce heat to low; stir in beans and bulgur. Simmer until the chili is thickened, about 15 minutes.
3. Garnish with yogurt, scallions and cilantro, if desired.

### Yield:

6 servings,  
about 1 ⅓ cups  
each

### Active Time:

15 minutes

### Total Time:

30 minutes

### Nutrition Per Serving

215 Calories, Total Fat: 3 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 38 g, Fiber: 13 g, Total Sugars: 6 g, Added Sugars: 1 g, Protein: 10 g, Sodium: 658 mg, Potassium: 860 mg, Iron: 3 mg, Folate: 92 mcg, Calcium: 119 mg, Vitamin A: 2936 IU, Vitamin C: 32 mg

**Carbohydrate Servings: 2**