VEGETABLE CHILI

SERVES 10

INGREDIENTS

2 1/2 teaspoons vegetable oil
1/4 cup chopped raw onion
2 tablespoons chopped raw green pepper
2 tablespoons plus 1 teaspoon chili powder
1/4 teaspoon ground cumin
3/4 teaspoon granulated garlic
1/2 teaspoon onion powder
1 quart of canned crushed tomatoes (4 cups)
2 cans of whole tomatoes
3/4 cup (packed) brown sugar
2 15-ounce cans of kidney or chili beans
1/2 cup bulgur
3/4 cup plain low-fat yogurt
2 1/2 cups shredded cheese (lowfat cheddar or colby)

DIRECTIONS

1. Heat oil in a 4 quart pot.
2. Add onions and cook until soft and translucent.
3. Add green peppers and spices.
4. Add tomatoes and brown sugar; simmer for 15 minutes.
5. Add beans and bulgur; simmer for 15 minutes.
6. Top with yogurt and cheese.

Note: Use any type of local dried beans. 1 1/2 cups of cooked beans equals 1 -15 ounce can

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (revised 9/14)

NUTRITION INFORMATION:

Calories 530
Fat 11.7 g
Sodium 395 mg
Carbohydrates 78.1 g
Fiber 17.5 g
Protein 30 g
Vitamin A 26%
Calcium 37%
Vitamin C 21%
Iron 42%

SNAP-ED

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