

Spicy Two-Bean Vegetarian Chili

Makes 6 servings

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

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

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