Ultimate Vegetarian Chili
Cheap, Fast and Healthy, March 19th

Ingredients:

- 3 tablespoons olive oil
- 3 onions, chopped
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1/4 teaspoon cayenne pepper
- 2 peppers, chopped
- 3 garlic cloves, chopped
- 3 tablespoons unsweetened cocoa powder
- 1 large can (28 ounces) low or no sodium-added tomatoes, undrained, diced

- 1 cup water
- 1 (15 ounce) can reduced or low sodium red kidney beans, rinsed and drained
- 1 (15 ounce) can reduced or low sodium black beans, rinsed and drained
- 2 cups frozen corn
- 1/2 cup bulgur
- salt and pepper, to taste
- 1 small bunch cilantro, chopped
- 1 avocado, diced

Directions:

1. In a large pan, saute the onions and spices with oil. Add peppers and garlic for 1 minute.

2. Add cocoa, tomatoes, and water; bring to a boil. Add kidney and black beans, corn and bulgur. Add ¾ of chopped cilantro to chili.

3. Reduce heat to low and simmer, uncovered, for 15 minutes. or until bulgur is cooked. Add salt and pepper, to taste. To serve, add diced avocado and sprinkle with cilantro.

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