

# Vegetable Chili

## Ingredients

Vegetable oil (Canola)	¼ cup	60 mL
Onions, chopped	3 ½ cups	875 mL
Green bell pepper, chopped	2 cups	500 mL
Chili powder	¾ cup	175 mL
Cumin	¼ cup	60 mL
Garlic powder	1 Tbsp and 1 tsp	20 mL
Onion powder	2 tsp	10 mL
Red hot sauce (optional)	¼ cup	60 mL
Brown sugar, packed	½ cup	125 mL
Crushed tomatoes, canned	12 cups	3 L
Diced tomatoes, canned, drained	2 cups	500 mL
Kidney beans, canned, rinsed	13 ½ cups	3.4 L
Bulgur wheat	3 ¾ cups	925 mL
Water	4 cups	1 L
Plain yogurt, low fat 2% M.F.	4 cups	1 L

## Directions

1. Heat oil in a heavy pot.
2. Add the chopped onions and sauté 3 minutes, until onions are clear.
3. Add chopped green peppers and sauté 2 minutes, until tender.
4. Add chili powder, cumin, garlic powder, onion powder, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
6. Add yogurt and stir to blend.
7. Portion ¾ cup (175 mL) into 50 serving bowls.

Makes 50 ¾ cup (175 mL) servings.

Nutrition Facts	
Per ¾ cup (175 mL)	
Amount	% Daily Value
<b>Calories</b> 160	
<b>Fat</b> 2.5 g	<b>4</b> %
Saturated 5 g + Trans 0 g	<b>3</b> %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 330 mg	<b>14</b> %
<b>Carbohydrate</b> 29 g	<b>10</b> %
Fibre 8 g	<b>28</b> %
Sugars 6 g	
<b>Protein</b> 7 g	
Vitamin A 40 %	Vitamin C 25 %
Calcium 10 %	Iron 20 %

Nutrient Claim	Amount per Serving
Low in fat	2.5 g
Very high in fibre	7 g
Source of calcium	104 mg
High in iron	2.6 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	¾
Grain Products	½
Milk and Alternatives	¼
Meat and Alternatives	⅓

## Alberta Nutrition Guidelines Category

Choose Most Often  
(Mixed dish)



### Recipe Tips

- This recipe can also be used as filling in tacos, taco salad or burritos.
- Don't want a vegetarian meal? Add ground turkey or ground chicken, if desired.
- Omit yogurt if would like a milk-free recipe.
- All beans taste great in chili. Try a combination of red kidney beans, white kidney beans, black beans, white beans and chickpeas.