

Vegetable Chili

Ingredients:

- 1 teaspoon vegetable oil
- 1 onion
- 1/2 green pepper
- 15 ounces low sodium tomatoes, canned
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 teaspoons cumin
- 1/2 cup bulgur (No. 3 size)
- 15 ounces kidney beans, canned, drained, rinsed
- 1 cup water
- 1/2 cup plain nonfat yogurt
- 4 ounces cheddar cheese, low fat

Equipment:

- Cutting board
- Knife
- Colander
- Measuring cups
- Measuring spoons
- Large non stick skillet
- Grater

Number of Servings: 5
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Open kidney beans and pour into colander. Rinse under cool water to remove sodium, allow to drain.
2. In a large sauce pan, heat oil over medium heat until hot.
3. Cut the onion in half lengthwise, and place flat side down. Slice across the onion, keeping onion together. Turn and slice again to make diced onions. Add to skillet.
4. Wash a green pepper and cut it in half lengthwise. Save half for other uses. Break off stem area, seeds and white membranes and throw away. Cut pepper into slices then dice. Add to skillet.
5. Cook onions and green pepper until tender. Add chili powder, garlic powder, cumin, onion powder and diced tomatoes. Simmer, uncovered, for 10 minutes.
6. Mix in kidney beans, bulgur wheat, and water. Simmer, uncovered, for 15 minutes.
7. When ready to serve, blend in yogurt and top each dish with 2 tablespoons of cheese.

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Nutrition Facts

Serving Size: 1 1/2 cups chili		
Servings: 5		
Amount Per Serving		
Calories 213	Calories from Fat 36	
%Daily Value*		
Total Fat 4g		6%
Saturated Fat 1g		6%
Cholesterol 5mg		2%
Sodium 481mg		20%
Total Carbohydrate 33g		11%
Dietary Fiber 8g		30%
Protein 14g		29%
Vitamin A 23%	Vitamin C 44%	
Iron 16%	Calcium 21%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>		

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