

Vegetarian Chili

This recipe is an excellent source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 2 teaspoons **vegetable oil**
- 1-2 cloves **garlic**, minced
- 1 medium **onion**, chopped
- 1 **green bell pepper**, chopped
- 2 cups fresh **mushrooms**, sliced
- 1 (8-ounce) can **corn**, drained and rinsed
- 1 (15.5-ounce) can **pinto beans**, drained and rinsed
- 1 (8-ounce) can **tomato sauce**
- 1 (14.5-ounces) can stewed **tomatoes**
- 1/2 cup **bulgur**, uncooked
- 1/2 cup **water**
- 1 teaspoon dried **oregano**
- 1 teaspoon ground **cumin**
- 1 teaspoon **chili powder**
- 1 cup **cheddar cheese**, grated

Directions:

1. Heat oil in a large skillet over medium-high heat.
2. Add garlic, onion, pepper, and mushrooms and sauté until tender, 6-8 minutes.
3. Add remaining ingredients except cheese.
4. Reduce heat to low, cover and cook until bulgur is soft, 10-15 minutes.
5. Sprinkle with grated cheese and serve.
6. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

- Use pinto or black beans instead of kidney beans.
- Top with light sour cream

Nutrition Facts	
Serving Size 1 cup (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 540mg	23%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 10g	
Vitamin A 8%	• Vitamin C 35%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1 cup each

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>