



## A Taste of Canadian Agriculture

### Vegetarian chili

2/3 cup (150 mL)	bulgur
1 tbsp (15 mL)	canola oil
1	onion, diced
2	garlic cloves, minced
1/2 cup (125 mL)	each: celery, carrots, broccoli; chopped
1/4 cup (50 mL)	sweet red pepper, diced
1 can (28 oz. / 796 mL)	tomatoes
1 can (5 1/2 oz. / 156 mL)	tomato paste
3 tbsp (50 mL)	chili powder
1 can (19 oz. / 540 mL)	kidney beans
2 tsp (10 mL)	Worcestershire sauce*
	dash hot pepper sauce
	salt and pepper to taste

### Method

Cover bulgur with hot water and let stand. Meanwhile, in a large saucepan, heat oil over medium heat and cook onion, garlic, celery, carrots, broccoli and red pepper, stirring 3 to 5 minutes or until softened. Stir in tomatoes, breaking them up with a spoon, stir in tomato paste, chili powder, beans with liquid and Worcestershire sauce. Cook 10 to 15 minutes, stirring occasionally until heated thoroughly. Stir in bulgur. Season the chili with hot pepper, salt and pepper.

\* May contain anchovies. Soy sauce can be a substitute.

- Makes 4 servings

### NUTRITIONAL INFORMATION PER SERVING

- 175 Calories; 3 g fat; 8 g protein; 33 g carbohydrate

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