



Vegan Chili

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bulgur rinsed
- 15 ounce black beans drained and rinsed canned
- 15 ounce kidney beans drained and rinsed canned
- 1 cup carrots shredded
- 2 tablespoons chili powder
- 6 servings cilantro leaves fresh chopped
- 3 garlic clove minced
- 1 tablespoon ground cumin

- 1 jalapeno minced stemmed seeded
- 1.5 teaspoons kosher salt to taste
- 1 tablespoon unrefined sunflower oil
- 1.5 cups tomato sauce
- 2 cups plum tomatoes fresh diced (2 medium or 6 plum tomatoes)
- 1 medium onion diced yellow

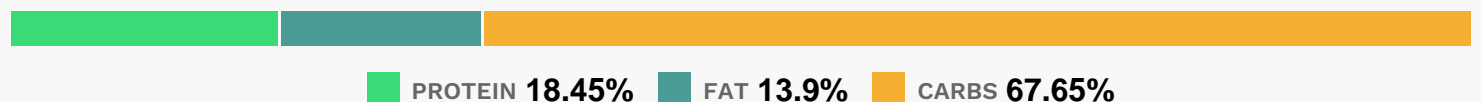
Equipment

- dutch oven

Directions

- Heat the oil in a Dutch oven or large heavy pot over medium-high heat.
- Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes.
- Add the garlic and sauté for 1 minute.
- Add the bulgur, chili powder, and cumin and stir until well combined.
- Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste.
- Serve with a sprinkling of cilantro, if desired.
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Nutrition Facts



Properties

Glycemic Index:59.14, Glycemic Load:9.77, Inflammation Score:-10, Nutrition Score:23.050869402678%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 241.61kcal (12.08%), Fat: 3.98g (6.12%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 28.91g (10.51%), Sugar: 7.73g (8.59%), Cholesterol: 0mg (0%), Sodium: 1392.45mg (60.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Vitamin A: 5325.74IU (106.51%), Fiber: 14.69g (58.75%), Manganese: 1.04mg (52.23%), Vitamin C: 23.55mg (28.54%), Potassium: 996.57mg (28.47%), Iron: 4.59mg (25.48%), Phosphorus: 250.86mg (25.09%), Magnesium: 95.86mg (23.96%), Vitamin E: 3.57mg (23.8%), Folate: 91.27µg (22.82%), Copper: 0.45mg (22.73%), Vitamin B6: 0.4mg (19.94%), Vitamin B1: 0.28mg (18.98%), Vitamin K: 17.73µg (16.88%), Vitamin B3: 3.09mg (15.45%), Vitamin B2: 0.25mg (14.7%), Zinc: 1.58mg (10.56%), Calcium: 98.69mg (9.87%), Vitamin B5: 0.73mg (7.25%), Selenium: 3.27µg (4.67%)