



WHATSheATE

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

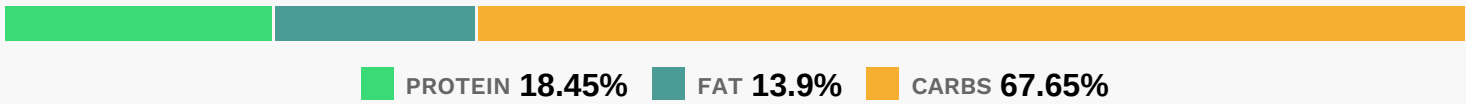
Equipment

- ☐ 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.
- ☐ Reprinted with permission from The Vermont Farm Table Cookbook by Tracey Medeiros, copyright © 201
- ☐ Published by Countryman Press.

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%)