



TAILGATE CHILI WITH BLACK AND RED BEANS

Serves: 5

1/2 cup bulgur

1 cup water

3 cups chopped onions

3 cloves garlic, minced or pressed

2 green bell peppers, chopped

3 cups diced tomatoes

1 1/2 cups cooked or 1 (15 ounce) can no-salt-added or low-sodium black beans

3 cups cooked or 2 (15 ounce) cans no-salt-added or low-sodium red kidney beans

2 cups fresh or frozen corn kernels

2 tablespoons chili powder

2 teaspoons ground cumin

1/4 cup chopped fresh cilantro

Combine bulgur and water in a saucepan. Bring to a boil, reduce heat and simmer for 12 to 15 minutes or until tender.

While bulgur cooks, heat 1/8 cup water in a large saucepan and water sauté onions and garlic until almost soft, about 5 minutes. Stir in green peppers and sauté an additional 3 minutes, adding more water as needed.

Stir in diced tomatoes, beans, corn, chili powder and cumin. Bring to a boil, reduce heat, cover and simmer for 20 minutes. Add bulgur and simmer for an additional 5 minutes. Stir in cilantro.