

First Pres Award-Winning Chili Non Carne*

Serves 6

2 Tbs. oil
1 large onion, chopped
3 large garlic cloves, minced
3 Tbs. chili powder
1 large fresh green pepper, seeded and chopped
1 jalapeno pepper, seeded and finely chopped
1/2 cup cracked wheat bulgur
1 cup water or vegetable stock
1 14-oz. can tomatoes, chopped, including liquid
2 14-oz. cans kidney and/or black beans, drained and rinsed (I usually use one of each type)
1 4-oz. can finely chopped black olives (optional, but I almost always use them)
salt and freshly ground black pepper to taste

NOTE: These quantities and ingredients are very flexible, but the bulgur is important for texture. For a gluten-free version, cook couscous or brown rice separately and add near the end.

DIRECTIONS:

1. Heat oil in large saucepan over medium-low heat. When hot, saute onion and garlic until soft, about 5 minutes. Add chili powder, cook a few minutes more, then add green peppers and cook a few minutes more. Add jalapeno.
2. Add remaining ingredients, cook over medium-low heat until vegetables are tender (10-15 minutes). Stir occasionally and add more water/stock as needed. Adjust seasonings to taste.

Pat Kinney, from Margaret Okuzumi

* First Pres won First Prize in the Vegetarian Category in the 2005 Palo Alto Chile Cook Off with this recipe!