

Carolyn's Vegan Chili

Prep time: 20 min Cook time: 6 hours
Yield: 1 gal

Serving size: 8
Calories per serving: 100 cal



Ingredients:

- 1 cup dried black beans
- 1 cup dried kidney beans
- 1 cup frozen corn (cut off cob)
- 2 cups frozen or fresh green peppers
- 2 cups chopped onions water sautéed
- 3 cloves minced garlic water sautéed
- 1 qt. tomato sauce
- 1/2 cup bulgur wheat
- 2 qts. water
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 1 tablespoon fresh or dried cilantro or coriander

Directions:

Water or oil sauté onions and garlic in non-stick fry pan.

Add to crock pot along with all other ingredients and set on high for 6 hours.