

## Vegetarian Chili

Serves 4

Spray oil plus 1 teaspoon

1 15 oz. can red beans, drained & rinsed

1 15 oz. can pinto beans, drained & rinsed

1 15 oz. can water

1 15 oz. can diced tomatoes

1/3 cup whole walnuts

2 tablespoons bulgur wheat

1 onion, chopped

2 cloves garlic, minced

1 small can of mushrooms, chopped

Soy sauce to taste

¼ cup tomato paste

2 teaspoons chili powder

2 teaspoons paprika

¼ teaspoon cumin

¼ teaspoon cinnamon

¼ teaspoon cocoa powder

½ sweet (bell) pepper, diced

minced shadon beni/cilantro

Chop walnuts and toast in small dry frying pan and set aside. Spray oil in bottom of large pot and add 1 teaspoon of oil. Sauté onions and garlic on medium heat, add dry spices and cook until they are fragrant. Stir in tomato paste and soy sauce. Add beans, walnuts, mushrooms and bulgur wheat and water. Simmer for at least 30 minutes. Just before removing from heat, stir in sweet pepper. Remove from heat, garnish with shadon beni/cilantro. Serve with cornbread.

