

# Mega Veggie Chili

From - <https://blog.fatfreevegan.com/2017/07/mega-veggie-vegan-chili.html>

## INGREDIENTS:

- 1 large onion, chopped
- 2 carrots, diced
- 2 ribs celery, sliced
- 2 bell peppers, chopped into 1/2-inch pieces
- 1 jalapeno, chile seeds removed and diced
- 4 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon chipotle chile powder or to taste)
- ½ teaspoon salt (or to taste)
- 2 15-ounce cans cooked beans (pinto, kidney, or combination), drained
- 1 ½ cups water
- 1 15-ounce can diced tomatoes (fire-roasted preferred)
- 2 cups fresh or frozen corn (thawed)
- ½ cup medium grain bulgur wheat
- additional seasonings to taste
- lime wedges, jalapeño peppers, and fresh salsa to serve

## INSTRUCTIONS:

1. Begin heating a large saucepan or Dutch oven as you chop your vegetables. Chop the vegetables in the order listed and add them to the hot pot, stirring as you go. After you add the garlic, cook until the onions and peppers have begun to soften, about 5-6 minutes total.
2. Add the seasonings, beans, water, and tomatoes and stir well. Bring to a simmer, reduce heat, and cook covered for about 15 minutes.
3. Stir in the corn and bulgur wheat and add additional water if it seems dry. Taste and add additional chili powder, cumin, chipotle powder, or salt to taste. Simmer on low heat until the bulgur is cooked and the chili has thickened, stirring often.
4. Serve in bowls with lime wedges to squeeze over chili and hot peppers and salsa to add at the table.