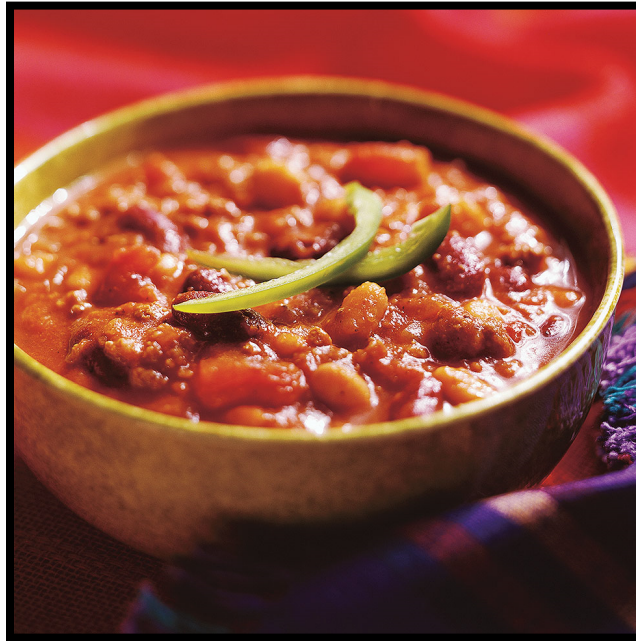


The Chili That Saved Me



Ingredients

- 1 large Onion (diced)
- 1 large Red Bell Pepper (diced)
- 1 large Green Bell Pepper (diced)
- 3-4 cloves Garlic (minced)
- 1 splash Vegetable Broth (for sautéing)
- 8 oz Your Choice of Meat Substitutes, TVP, Ground Soy Curls OR ½ cup Bulgur Wheat (I usually do half cup Bulgur, ¼ cup TVP)
- 1 can Tomato Sauce (no salt added) (8oz)
- 1 can Diced Tomatoes - Fire Roasted, RoTel, etc (15oz)
- 2 cups Vegetable Broth (low sodium)
- 1/2 can Refried Beans (no fat) (15 oz can)
- 1/4 cup Williams (or other Texas style) Chili Powder
- 2 tsp Ground Cumin
- 1 tsp Paprika
- 1 tsp Oregano
- 1 tsp Chipotle Chili Powder (optional)
- 1 can Pinto Beans (low sodium) (15oz can - drained & rinsed)
- 1 can Kidney Beans (low sodium - not drained)
- 1/2 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 2 Tbs Pickled Jalapeños (with juice) (again, adds a little heat so adjust accordingly)
- 4 chopped Chipotle Peppers with 1 tbsp Adobo Sauce (adds a little smoky flavor)

- 1-2 Tbs Masa Harina Tamale Flour (if necessary to thicken. Can use corn starch as well)

Instructions

1. Chop onions and peppers into a large soup pot
2. Saute in a little veggie broth until translucent and softened.
3. Add minced garlic and saute for an additional 30 seconds until fragrant
4. Add any kind of meat substitute (if using) or dry, uncooked bulgur and continue to stir for a few minutes until heated through
5. Add tomatoes, tomato sauce, and remaining broth
6. Add in spices and stir until mixed well
7. Add all the beans and jalapeños, chipotles, and green chiles and stir
8. Sprinkle up to 1-2 Tbs of the Masa on top if you think it needs thickening. The masa adds a slight 'corn tortilla' or 'tamale' flavor to the chili.
9. Give the chili one more good stir and bring it to a slow boil. Reduce heat, cover, and simmer for 15 to 30 minutes.