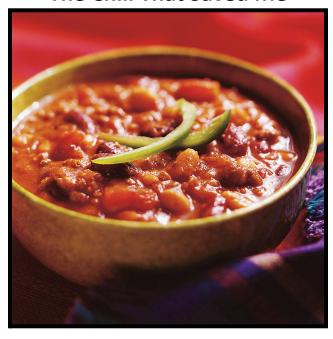
The Chili That Saved Me



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.