

Judi's Recipe Club



Game Changer Chili

The bulgur in this recipe creates a meaty texture that pleases everyone from plantophiles to sworn omnivores. Be prepared to be to asked for seconds.

Instructions

Prep

Thinking ahead ... soak the 3 dates overnight. The next day mash into a paste.

Press or chop 4 cloves garlic. As an option you use 2 teaspoons garlic powder.

Chop the onions and bell pepper in a food processor, or dice with a knife.

Rinse and drain the beans

Place the chopped onions and bell pepper, bulgur, tomatoes, dates, chili powder, paprika, oregano, garlic, chipotle powder, adobo seasoning, red pepper flakes, and water in a pressure cooker and cook under pressure for 7 minutes. Alternatively, you can also cook on the stove top for about 30 minutes, or until the bulgur is cooked through.

Stir in the beans, spinach, and corn, and let sit for about 5 minutes. Salt to taste and serve.

Serves 4 - 6

Our Notes

We added 4 Chipotle en Adobo.

We also added 4 fresh poblano chilis; fire roasted, cleaned, peeled and diced.

We do have a pressure cooker but decided to use our crock pot. It took about 4 hours cooking on high and made the house smell wonderful.^r

Original Recipe: Lani Muelrath from her book Plant Based Journey.

Ingredients

2 sweet onions
1 red or yellow bell pepper
1½ cups bulgur
1 can diced tomatoes, 15oz
3 dates
1 Tbsp chili powder
1 Tbsp paprika, smoked or regular
1 Tbsp oregano
4 cloves garlic
1 Tbsp chipotle powder
1 Tbsp adobo seasoning
6 cups water
2 cans kidney or red beans, 15oz
2-3 cups raw spinach, torn
Pinch of red pepper flakes

Optional:

1 cup cooked corn (we used)
Pinch of red pepper flakes (we used)
Salt to taste

Our Rating ...



Divided into 4 servings:

3 - Green
2 - Yellow or...
1 - Yellow + 1 Red for vegan