

Five Star Vegetable Chili

Ingredients:

- 1 tsp. extra virgin olive oil
- 1 tsp. ground cumin
- 1 onion, chopped
- 1 can (28oz) unsalted diced tomatoes
- 1 green bell pepper, chopped
- 1 can (15oz) unsalted tomato sauce
- 2 cloves garlic, minced
- 2 cups water
- 1 tbsp. dried oregano
- 1/3 cup bulgur
- 2 tsp. chili powder
- 2 cans (15oz each) unsalted kidney beans (rinsed & drained)
- 2 large onions, chopped
- 1 celery stock, chopped
- 1 carrot, chopped
- 1 garlic clove, minced
- 3 1/2 cups frozen petit peas
- 3 3/4 cup vegetable Stock, low sodium
- 1 cup basil, fresh and roughly torn



Nutrition Facts

Serving Size 2 cups (453g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 38g	13%
Dietary Fiber 10g	40%
Sugars 10g	
Protein 9g	
Vitamin A 25%	• Vitamin C 90%
Calcium 10%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Warm oil in Dutch oven over medium heat. Add onion and bell pepper and cook, stirring occasionally, 5 minutes or until softened.
2. Add garlic, chili pepper, oregano, chili powder and cumin. Cook 2 minutes.
3. Add tomatoes (with juice), tomato sauce, and water.
4. Increase heat to medium-high and cook, stirring occasionally, 5 minutes. Stir in bulgur and beans.
5. Reduce heat to medium and cook 15 minutes, or until thickened.