

Beans & Barley Vegetarian Chili

Ingredients

cheese and onions separately, if desired.
Makes about 12 servings.

- 2 cups dried small red beans, or kidney beans
- 1 quart water
- 2 quarts cold water
- 1 large onion, diced
- 2 large carrots, finely diced
- 4 ribs celery, diced
- 1 medium green bell pepper, diced
- 1 tablespoon minced garlic, or $\frac{1}{2}$ tablespoon garlic powder
- 1 teaspoon dried thyme
- 1 tablespoon dried oregano
- 1 tablespoon chili powder
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 tablespoon salt
- 1 tablespoon ground cumin
- $\frac{3}{4}$ cup bulgur wheat
- 2 cans (15 ounces each) tomato sauce
- 1 tablespoon dried basil
- Grated cheddar cheese for topping (optional)
- Chopped onions for topping (optional)

Directions

1. In saucepan, bring beans and 1 quart water to boil; pour off water through colander, and transfer beans to large, heavy-bottomed soup pot.
2. Add 2 quarts cold water and some salt, and cook beans for about 30 minutes, or until skin of a bean peels back when you blow on it.
3. Add cut vegetables and all herbs and seasonings, except basil, and cook about a half hour, until vegetables are tender. Add bulgur and tomato sauce, and simmer another 15 minutes. Add basil, taste to see if you need more salt, and serve. Pass