

## VEGETARIAN CHILI

Makes  $1\frac{3}{4}$  quarts

Can chili be chili without meat? With this recipe in hand, we can give a resounding "Yes!" A hot take-out item in The Market, this hearty, spicy chili is so good that you may never notice that bulgur has replaced the usual ground beef. While the ingredient list may seem intimidatingly long, most of the items are kitchen-shelf staples, and it can be made and served within the hour!

- $\frac{1}{2}$  cup olive oil
- 2 cups finely chopped onions
- $\frac{3}{4}$  cup chopped celery
- 1 cup chopped green peppers
- 1 cup chopped carrots
- 1 tablespoon minced garlic
- 2 cups chopped mushrooms
- $\frac{1}{4}$  teaspoon red pepper flakes
- 1 tablespoon ground cumin
- $\frac{3}{4}$  teaspoon dried basil
- 2 tablespoons chili powder
- $\frac{3}{4}$  teaspoon dried oregano
- 2 teaspoons salt
- $\frac{1}{2}$  teaspoon pepper
- 2 cups tomato juice
- $\frac{3}{4}$  cup bulgur wheat
- 2 cups chopped tomatoes
- 2 cups (1 20-ounce can) undrained kidney beans
- $\frac{1}{2}$  teaspoon Tabasco
- 2 tablespoons lemon juice
- 3 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- $\frac{1}{4}$  cup dry red or white wine
- 2 tablespoons chopped canned green chilies or to taste

Have all the ingredients ready. Heat the olive oil in a large skillet. Over high heat, add the onions, celery, green peppers, carrots, garlic, mushrooms, spices, salt, and pepper. Cook, stirring, for 1-2 minutes. Add the remaining ingredients. Bring to a boil, stirring. Reduce the heat and simmer for 20 minutes, uncovered. If too thick, the chili can be thinned with additional tomato juice.