

# Vegetarian Chili

*JoAnne Miller*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*1 onion, chopped  
1 green pepper, chopped  
1 clove garlic, chopped  
4 cans spicy V-8 juice  
1 teaspoon chili powder  
1 teaspoon cumin powder  
1/4 cup bulghur (cracked  
wheat)  
2 cans (15 ounce ea) light  
red kidney beans with juice*

In a large saucepan over medium heat, cook the onions in two tablespoons of cooking oil until transparent. Add the pepper and garlic. Stir for 1 minute.

Pour in the V-8 juice. Add the chili powder, garlic and bulgher. Simmer about 10 minutes, until the bulgher is cooked.

Add the beans and their juice. Simmer for 3 to 5 minutes.

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Per Serving (excluding unknown items): 94 Calories; 1g Fat (10.7% calories from fat); 3g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fat.