

Pumpkin Bulgur Chili

Portion Size: 1 cup Yield: 16

Ingredients:

Black Beans, dry	12 oz.	Pumpkin, Canned	1 ½ cups
Green Bell Pepper	1 each	Low Sodium Vegetable Broth	5 cups
Poblano Chili	1 each	Bulgur Wheat	2 cups
Celery, diced	1 cup	Corn Kernels	2 cups
Carrots, peeled, diced	1 cup	Cilantro, fresh, chopped	1/3 cup
Onions, Diced	1 cup	Lime Juice	2 TBSP
Canola Oil	2 ½ TBSP	Salt, Kosher	2 tsp
Garlic, peeled, minced	2 ½ TBSP	Black Pepper, ground	1 tsp
Chili Powder	2 ½ TBSP		
Cumin, ground	1 TBSP		

Preparation:

1. Soak beans in water overnight. Drain and rinse. Set aside.
2. Preheat oven to 400°F. Place bell and poblano peppers on sheet pan and roast until skin is charred, ~10 minutes. Place in a glass bowl, cover with plastic wrap and let cool. Once cool, peel skins away and remove seeds. Dice into half inch pieces.
3. Sauté carrots, celery, and onions in oil over medium high heat. Add garlic and cook until fragrant. Add chili and cumin, allow to toast.
4. Stir in pumpkin puree. Cook for 5 minutes.
5. Add vegetable broth and soaked black beans, cook until beans are just soft.
6. Add bulgur wheat, corn, and reserved peppers and cook about 15 minutes.
7. Finish with cilantro, lime juice, salt and pepper.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
200	9	35	10	4	4	0.5	440



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