

Pumpkin Bulgur Chili FIT

Serving Size: 1 cup Makes 6 servings

Ingredients:

4 ¾ oz	Dry Black Beans
½ each	Green Bell Pepper, medium
½ each	Poblano Chili Pepper
¼ cup	Carrots, diced
¼ cup	Celery, diced
¼ cup	Yellow Onions, diced
1 TBSP	Canola Oil
1 TBSP	Garlic Cloves, diced
1 TBSP	Chili Powder
1 ½ tsp	Ground Cumin
¾ tsp	Smoked Paprika
3/8 cup	Canned Pumpkin
2 ½ cups	Vegetable Stock, Low Sodium
¼ cup	Bulgur Wheat, dry
2/3 cup	Whole Kernal Corn
2 TBSP	Cilantro, chopped
¾ tsp	Salt
½ tsp	Black Pepper
1 TBSP	Lime Juice

Preparation:

1. Soak beans overnight.
2. Evenly char bell pepper and poblano peppers. Cool until ready to handle, then peel, seed and dice peppers into half inch pieces.
3. Saute carrots, celery and onions in oil, then add garlic and cook until fragrant. Add in dry spices and allow to toast.
4. Stir in pumpkin puree and cook for about 5 minutes.
5. Drain and rinse beans, add stock and black beans and cook until just soft.
6. Add bulgur wheat, corn, and reserved peppers and cook about 15 minutes longer.
7. Finish with cilantro, salt, pepper and lime juice.

NUTRITION FACTS PER SERVING

calories	200
total fat (g)	44
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	410
total carbohydrate (g)	35
dietary fiber (g)	10
sugar (g)	5
protein (g)	9



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