

# Half-Hour Chili

10 min

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## Ingredients

1 tablespoon canola oil	chopped, with juices
3 medium onions, chopped	1 teaspoon brown sugar
1 carrot, chopped	1/4 teaspoon salt
1 tablespoon finely chopped jalapeño pepper	2 15-ounce cans red kidney beans, rinsed
2 cloves garlic, finely chopped	1/3 cup bulgur (see Note)
1-2 tablespoons chili powder	1/2 cup nonfat plain yogurt for garnish
1 teaspoon ground cumin	1/3 cup chopped scallions for garnish
1 28-ounce can plus one 14-ounce can whole tomatoes,	1/4 cup chopped fresh cilantro for garnish

## Directions

1. Heat oil in a Dutch oven over medium heat. Add onions, carrot, jalapeño, garlic, chili powder to taste and cumin. Cook, stirring often, until the onions and carrot are soft, 5 to 7 minutes.
2. Add tomatoes with their juices, sugar and salt; cook for 5 minutes over high heat. Reduce heat to low; stir in beans and bulgur. Simmer until the chili is thickened, about 15 minutes.
3. Garnish with yogurt, scallions and cilantro, if desired.

Note: Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. Don't confuse bulgur with cracked wheat, which is simply that—cracked wheat. Since the parboiling step is skipped, cracked wheat must be cooked for up to an hour whereas bulgur simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains, or online at [kalustyans.com](http://kalustyans.com), [buylebanese.com](http://buylebanese.com).