



VEGETARIAN PUMPKIN CHILI



- 1 BOX POMI CHOPPED TOMATOES
- 1 CUP POMI STRAINED TOMATOES
- 1 CAN PURE PUMPKIN
- 1 CAN BLACK BEANS (DRAINED & RINSED)
- 1 LARGE VIDALIA ONION (CHOPPED)
- 8 OZ BABY BELLA MUSHROOMS (CHOPPED)
- 2 TBSP OLIVE OIL
- 1-2 JALAPENOS (PARTIALLY DE-SEEDED & DICED)
- 1 TBSP MINCED GARLIC
- 1-2 TBSP CHILI POWDER
- 1 TSP CUMIN
- 1 TSP SMOKED PAPRIKA
- 1 TSP SZEGED CINNAMON
- 1 TSP OREGANO (OPTIONAL)
- 1/2 CUP QUICK COOK BULGUR
- 1-2 CUPS VEGETABLE BROTH OR WATER (TO DESIRED THICKNESS)

WARM OLIVE OIL IN LARGE (5 QT+) POT. SAUTEE ONION, GARLIC AND JALAPENO UNTIL SOFT. ADD MUSHROOMS AND CONTINUE TO SAUTEE UNTIL MUSHROOMS SOFTEN A BIT. ADD CHOPPED AND STRAINED TOMATOES, PUMPKIN, BLACK BEANS AND SPICES. MIX WELL. ADD WATER OR BROTH TO DESIRED THICKNESS. SIMMER 1 HOUR, STIRRING OCCASIONALLY. ADD BULGER AND ADDITIONAL LIQUID AS DESIRED. SIMMER ON LOW ANOTHER 15 MINUTES. REMOVE FROM HEAT AND ALLOW TO REST 15 MINUTES BEFORE SERVING. (TASTES EVEN BETTER THE NEXT DAY!)



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