

Vegan Bulgur Chili

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-mujadara-bulgur-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 onion medium, diced
- 3 cloves minced garlic
- 1 green pepper diced
- 1 cup corn kernels
- 1 cup cherry tomatoes halved
- 2 jalapenos medium
- 1 tablespoon cocoa powder
- 1 cup tomato sauce
- 1 can kidney beans drained
- 1/2 cup bulgur
- 1/2 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 4 cups vegetable stock

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 8 grams
6. Protein: 18 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1660 milligrams
9. Sugar: 14 grams

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