Dry Bean Chili

SERVING SIZE: 1 cup
SERVINGS: 12
PREPARATION TIME: 15 minutes
COOK TIME: 4 hours quick bean method, longer for crockpot or overnight soak

INGREDIENTS:
1 pound (2 1/2 cups) dry beans such as pinto, red or black beans
1/2 cup bulgur
1/3 cup dried, minced onion or 1 diced fresh onion
1 Tablespoon garlic powder or minced garlic
2 Tablespoons chili powder
2 teaspoons cumin
2 teaspoons Italian seasoning
1 teaspoon salt (optional)
1 28 ounce can crushed or diced tomatoes

DIRECTIONS:
To Prepare Beans:
1. Sort and remove broken, dirty or shriveled beans.
2. Pour beans into a pot or colander and rinse well under cold water.
3. Place beans in a large pot with 8 cups of water and soak overnight. Or, use Quick Method: bring water and beans to a boil. Boil for 2 minutes. Remove from heat and soak for 1 1/2 hours.
4. Drain and rinse the beans.

(See cooking directions on next page.)

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org

NUTRITION FACTS:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 177</th>
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</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
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<tr>
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</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Phosphorus</td>
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<tr>
<td>Potassium</td>
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EQUIPMENT NEEDED:
• Stove and large pot or crockpot
• Can opener
Dry Bean Chili

**Slow Cooker (Crock Pot) Directions:**
1. Put prepared beans, bulgur and seasonings in slow cooker. Cover beans with 5 cups cold water.
2. Set slow cooker on low to cook 8 or more hours. Set on high to cook for 5-7 hours.
3. Simmer until beans are tender.
4. Add the tomatoes and simmer until hot. If added too soon the beans may be hard. Add more water if needed.

**Stovetop Directions:**
1. Put prepared beans in a large pot with 5 cups cold water. Bring to a boil.
2. Add seasonings. Cover, reduce heat and simmer for 2 hours. Check often to make sure beans don’t dry out. Add more water if needed.
3. Add tomatoes and bulgur. Simmer for 15 minutes. Stir frequently.

**RECIPE TIPS:**
- Substitute one 15 ounce can of tomato sauce and one 14.5 ounce can of diced tomatoes. No need to add salt.
- For a gluten free version, quinoa or brown rice can be substituted for the bulgur.

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