



# Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

## Veggie Chili with Pumpkin

adapted from *Woman's Day Magazine*

Serves 6

- 5 ½ cups water
- ¾ cup bulgur wheat
- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 1 red pepper, chopped
- 1 tablespoons chili powder
- 2 garlic cloves, minced
- 2 teaspoons cumin
- 1 28-oz can crushed tomatoes
- 1 15-oz can pure pumpkin (or use home prepared winter squash)
- 1 medium zucchini, diced
- 1 cup frozen corn
- 1 15-oz can black beans, rinsed, drained
- ½ cup cilantro, chopped

In a large saucepan, heat the oil, then add the onion and peppers and sauté about 5 minutes. Add the spices and garlic, stir, and sauté a couple of minutes more. Add the water and bulgur and bring to a boil. Reduce heat and simmer 10 minutes. Add the beans, tomatoes, pumpkin, zucchini, and corn and return to a boil. Reduce the heat and simmer, stirring occasionally, about 15 minutes or until the veggies are tender. Remove from heat and stir in the cilantro.

*Serve with a dollop of sour cream or Greek-style yogurt.*

*Nutrition Information per serving: 266 calories, 12 g protein, 52 g carbohydrate, 14g fiber, 3 g fat, 0 cholesterol, 249 g sodium (if using low sodium beans)*

*This chili is higher in fiber and lower in calories than most chili and is an excellent choice for weight control or weight reduction. High fiber foods have proven to be very helpful to reduce hunger and food intake.*