



LUCIE'S VEGETARIAN CHILI

Ingredients

For 2 persons

1 onion
150g celery
1 green bell pepper
1 carrot
1 tbs garlic
150g mushrooms
1/4 tsp crushed red pepper
1 tsp ground cumin
2 tbsp chili powder
3/4 tsp dried basil
2 tsp salt
1/2 tsp ground black pepper
250g tomato juice
140g bulgur wheat
200g tomatoes
1 can kidney beans
1/2 tsp hot pepper sauce
2 tbsp lemon juice
3 tbsp tomato paste
1 tbsp Worcestershire sauce
60ml dry red wine

Steps

1. Heat the olive oil in a large pot over high heat. Stir in the onion, celery, green bell pepper, carrot, garlic, mushrooms, red pepper flakes, cumin, chili powder, basil, salt, and pepper. Cook and stir until the vegetables begin to soften, about 2 minutes.
2. Stir in the tomato juice, bulgur wheat, chopped tomatoes, kidney beans, hot pepper sauce, lemon juice, tomato paste, Worcestershire sauce, red wine, and green chile peppers. Bring to a boil, stirring frequently.
3. Reduce heat to medium-low, and simmer, uncovered, 20 minutes before serving.