

Arlin's/Sarita's Chili sin carne

2 tablespoons olive oil

6 cups finely chopped onions (about 4 large yellow onions)

2/3 cup coarse-grain bulgur wheat

1 1/3 cup boiling water

4 vegetable bouillion cubes

6 large cloves garlic finely minced

1/8 cup chili powder (this is only zesty, so others may wish for more)

1 teaspoon freshly ground coriander

2 tablespoons ground cumin (this is a lot, but I think we'll keep it)

2 teaspoons ground cinnamon

1/2 teaspoon ground allspice

2 bay leaves

2 35-oz cans crushed tomatoes (Tutturoso, if available)

4 tablespoons cider or white vinegar

1 oz (1 square) unsweetened chocolate

4 (15.5 oz) cans kidney & black beans drained

- 1) Heat the oil in a pan and add the onions. Cook, stirring often, until the onions are wilted and start to brown. In a large pot (we mean large), add the bulgur wheat to the boiling water, and then add the garlic, and spices, and onions. Add tomatoes and bring to boil, keeping the heat very low as it may stick to the bottom. Stir occasionally.
- 2) Add the vinegar and chocolate. Bring to a boil and cover. Simmer 45 minutes.
- 3) Add beans and cook 15 minutes more, watching that it doesn't stick to the bottom. Salt to taste.
- 3) Refrigerate or freeze. Reheat and serve with balsamic brown rice.

YIELD: 12 servings