



WFPB Butternut-Bulgur Chili

From: Jeff Spurgess
Serves: 20+

Prep Time: 30 min
Cook Time: 2 hours

Instructions

- 1) Preheat oven to 450°F. Line two large shallow baking pans with parchment paper or foil. Spread tomatoes, onions, poblano halves, and garlic on prepared pans. Sprinkle with vinegar. Roast, uncovered, 40 minutes or until poblanos and onions are slightly charred. Cool slightly.
- 2) Meanwhile, in a huge pot combine the jalapeño, onion, broth, squash, apple cider vinegar, cocoa powder, chili powder, cumin, salt & pepper. Cover and simmer until squash is tender, stirring occasionally.
- 3) Transfer roasted vegetables, in batches, to a blender. Cover and blend until smooth. Transfer to pot. Cover and simmer 30 minutes, stirring occasionally.
- 4) Add bulgur and pinto beans, cook additional 15-20 minutes.
- 5) Serve chili topped with pepitas, scallions, and cilantro.

Ingredients

- 8 lb. roma tomatoes, quartered
- 4 cups coarsely chopped onions
- 8 fresh poblano peppers, halved, stemmed, and seeded
- 2 fresh jalapeño, stemmed, and seeded chopped
- 12 cloves garlic, peeled
- 4 tablespoons apple cider vinegar
- 8 cups low-sodium vegetable broth
- 8 cups cubed butternut squash (½-inch cubes)
- 6 15-oz. cans no-salt-added pinto beans, rinsed and drained (3 cups)
- 1.5 cups uncooked whole grain bulgur
- 2 tablespoons unsweetened cocoa powder
- 4 tablespoons chili powder
- 2 tablespoons ground cumin
- Sea salt, to taste
- Freshly ground black pepper, to taste

Toppers:

- Roasted pepitas
- Sliced scallions
- Thinly sliced jalapeño
- Chopped fresh cilantro

Notes

