

Chili Con Carne

2 ½ cups (625 ml) dry kidney beans, soaked/2 cans*	2 tsp chili powder
1 cup (250 ml) tomato juice	1 ½ tsp (8 ml) (*a little less if beans are canned with salt) salt
1 cup uncooked bulgur	black pepper
2 lbs (900 g) stewing beef	1 chopped bell pepper
2 chopped onions	14 ½ oz can tomatoes (include juice)
7 large cloves minced garlic	3 Tbsp (45 ml)/1/2 a small can tomato paste
1 diced carrot	<u>Serve with:</u>
1 diced rib of celery	Minced fresh parsley
2 tsp (10 ml) cumin	Grated Monterey Jack/cheddar cheese
2 tsp basil	

If using dry beans, SOAK in plenty of water for at least 10 hours.

DRAIN, RINSE and SET ASIDE.

In a pot, ADD beans and COVER with water.

HEAT to a BOIL, then TURN down to SIMMER.

COOK until beans are tender (2 hours for raw beans, ½ hour for canned.)

DRAIN and SET ASIDE.

In a small pot, HEAT to a BOIL the tomato juice.

ADD bulgar wheat. STIR and SET ASIDE.

In a large pot, BROWN the beef over medium-high heat (about 10 minutes.)

ADD onion, half the garlic, carrot, celery and seasonings.

COOK over medium heat 5 minutes.

ADD bell pepper. COOK over medium heat 5 minutes.

ADD beans, bulgur, tomatoes, and tomato paste. SITR well. SIMMER 15 minutes.

ADD remaining garlic. SIMMER 15 minutes.

For Slow-Cooker:

If using dry beans, SOAK in plenty of water in the cooker (no heat) for at least 10 hours.

DRAIN and RINSE beans.

In a skillet, BROWN the beef over medium-high heat (about 10 minutes.)

ADD all ingredients (except the parsley and cheese) plus 2 cups water to the cooker.

COOK 6 hours on high for raw beans, 4 hours for canned.

Notes:

Serves 6. Can be refrigerated for 3 days. Carrots will go a little spongy if frozen.