

## Four-Bean Vegetarian Chili

¼ pound pinto beans, rinsed and picked over to remove debris  
¼ pound lima beans, rinsed and picked over to remove debris  
¼ pound white kidney beans, rinsed and picked over to remove debris  
¼ pound black-eyed peas, rinsed and picked over to remove debris  
8 cups water  
2 tablespoons avocado oil  
1 large yellow onion, chopped  
1 red bell pepper, seeded and chopped  
1 pasilla pepper, seeded and chopped  
2 jalapeno peppers, seeded and chopped  
2 garlic cloves, minced  
2 tablespoons chili powder  
1 tablespoon dried Mexican oregano or regular dried oregano  
2 teaspoons ground cumin seeds  
1 ½ teaspoons ground coriander seeds  
2 bay leaves  
2 teaspoons kosher salt  
1 28-ounce can diced tomatoes  
¼ cup bulgur wheat

1. Place beans in a large stockpot and pour over enough water to cover. Bring to a boil, reduce heat, partially cover and simmer 2-3 hours, until the beans are tender. Or cook beans in your Instant Pot. Drain, reserving 2 cups of liquid and set aside until ready to use.
2. Meanwhile, heat oil in a large stockpot over medium heat. Add onion, peppers, and garlic and sweat for 4 minutes, until tender.
3. Add chili powder, oregano, cumin, coriander, bay leaves and salt and stir to coat the vegetables. Cook for 5 minutes, until the spices are fragrant.
4. Add tomatoes and simmer for 2 minutes.
5. Add beans, reserved bean cooking liquid and bulgar, bring to boil, reduce heat, partially cover and simmer for 20 minutes.
6. This recipe suggested adding 1 to 2 teaspoons of hot sauce at the end. We thought it didn't need the additional hot sauce so we didn't add any.

This recipe is based on a recipe in the Daily Soup Cookbook by Leslie Kaul, Bob Spiegel and others.