



Makes 16 cups
Preparation Time: 20 minutes
Cook Time: 1 hours 10 minutes

INGREDIENTS:

4 lb. roma tomatoes, quartered
2 cups coarsely chopped onions
4 fresh poblano peppers, halved, stemmed, and seeded
1 fresh jalapeño chile, halved, stemmed, and seeded
6 cloves garlic, peeled
2 tablespoons apple cider vinegar
4 cups low-sodium vegetable broth
4 cups cubed butternut squash (½-inch cubes)
2 15-oz. cans no-salt-added pinto beans, rinsed and drained (3 cups)
¾ cup uncooked whole grain bulgur
2 teaspoons unsweetened cocoa powder
2 teaspoons chili powder
2 teaspoons dried oregano, crushed
1 teaspoon ground cumin
Sea salt, to taste
Freshly ground black pepper, to taste
¼ cup roasted pepitas
Sliced scallions
Chopped fresh cilantro

Butternut-Bulgur Chili

This butternut squash and bulgur **vegan chili** is rich, complex, and oh-so-satisfying. A combination of poblano chiles, jalapeños, cocoa powder, and warming spices give this hearty stew a mole-inspired flavor profile that warms you up from the inside out. Grains of bulgur wheat soak up all the delectable seasonings to create a meaty texture that's made even more substantial with the addition of nutrient-dense pinto beans. Top each bowl with a crunchy garnish of roasted pepitas, cilantro, and scallions for the ultimate bowl of **comfort food**.

By Nancy Macklin, RDN

- 1** Preheat oven to 450°F. Line two large shallow baking pans with parchment paper or foil. Spread tomatoes, onions, poblano halves, jalapeño halves, and garlic on prepared pans. Sprinkle with vinegar. Roast, uncovered, 30 minutes or until poblanos and onions are slightly charred. Cool slightly.
- 2** Meanwhile, in a 6-quart pot combine the next eight ingredients (through cumin). Bring to boiling; reduce heat. Cover and simmer 25 minutes or until squash is tender, stirring occasionally.
- 3** Transfer roasted vegetables, in batches, to a blender. Cover and blend until smooth. Transfer to pot. Bring to boiling; reduce heat. Cover and simmer 15 minutes, stirring occasionally.
- 4** Season with salt and black pepper. Serve chili topped with pepitas, scallions, and cilantro.