

Vegetarian Chili

1 can black beans rinsed
1 small onion
3 cloves garlic
1 tsp cumin
3 Tbsp chili powder
¼ rounded tsp cocoa
1 cup cooked lentils
1 cup cooked bulger
1 jar spaghetti sauce or 2 can tomato sauce plus 1 tsp oregano

1. Saute onions until translucent
2. Add garlic and saute about 30 seconds
3. Add Cumin and Chili powder and cook until fragrant
4. Stir in the spaghetti sauce
5. Add cocoa
6. Stir in lentils and bulger
7. Bring to a simmer and simmer 30 minutes allowing flavor to develop
8. If chili is too thick add water to reach the consistency you desire

Serve with sour cream, tomatoes, tortilla chips, fresh onion etc.