

## Beans & Barley Vegetarian Chili



(This recipe originally ran in the *Milwaukee Journal Sentinel*.)

Makes about 12 servings

2 cups small dry red beans or kidney beans  
Cold water  
1 tablespoon salt  
1 large onion, diced  
2 large carrots, finely diced  
4 ribs celery, diced  
1 medium green bell pepper, diced  
1 tablespoon minced garlic or ½ tablespoon garlic powder  
1 teaspoon dried thyme  
1 tablespoon dried oregano  
1 tablespoon chili powder  
1 teaspoon cayenne pepper  
1 teaspoon black pepper  
1 tablespoon cumin  
¾ cup bulgur wheat  
2 cans (15 ounces each) tomato sauce  
1 tablespoon dried basil  
Shredded cheddar cheese for garnish

Put beans in large saucepan. Add about 4 cups water and bring to a boil. Pour off water through a colander and transfer beans to large, heavy-bottomed soup pot. Add about 2 quarts water and the salt and cook beans about 1 hour or until tender.

Add cut vegetables and all the herbs except basil to pot of beans and simmer 30 minutes, stirring occasionally, until vegetables are tender. Add bulgur and tomato sauce and simmer 15 minutes. Add basil and adjust salt if needed. Serve garnished with cheese.