Vegetarian Chili

4 cups cooked assorted beans
3 tablespoons vegetable oil
1 medium onion, finely chopped
2 carrots, peeled and finely diced
1 bell pepper, diced
5 cloves garlic, minced
3 tablespoons chili powder
1 tablespoon cumin
1/2 cup bulgur
1 teaspoon oregano
1 28 oz can chopped tomatoes
1 teaspoon tomato paste, dissolved in 3/4 cup warm water
2 teaspoons salt, plus more to taste

OPTIONAL TOPPINGS:
chopped cilantro, jalapeños, green onion, sliced radish, grated cheese, sour cream, lime wedges.

HINTS:
For 4 cups cooked beans, start with 2 cups dried, or use 3 15-ounce cans
Use poblano or anaheim peppers in place of bell pepper for a fresh, spicy taste.

0 In a heavy-bottomed pot, heat 3 tablespoons of olive oil over medium heat. Add onion and sauté until soft. Stir in garlic, and sauté until fragrant, another 30 seconds - 1 minute. Add the carrots and the bell pepper, and cook until tender.

2 Add the spices and cook until they are fragrant and spices are starting to stick to the bottom of the pan.

3 Add the bulgur, oregano, tomatoes, and 2 teaspoons salt. Bring to simmer and cook until carrots are soft. Stir in the tomato paste dissolved in water, and beans. Bring back to simmer and continue to cook for 5-10 more minutes.

4 Taste, and add salt if needed.

5 Stir in the cilantro to serve, or use as garnish. Also garnish with lime, jalapeños, grated cheese, green onions, sour cream, and sliced radish.