

# Game Changer Chili

4-6 Servings

## Ingredients

2 sweet onions  
 1 red or yellow bell pepper  
 1 1/2 cups bulgur  
 1 (14.5-ounce) can diced tomatoes (about 1 1/2 cups)  
 3 dates, soaked overnight and mashed into a paste  
 1 tablespoon chili powder  
 1 tablespoon smoky or regular paprika  
 1 tablespoon oregano  
 4 cloves garlic, pressed or chopped, or 2 teaspoons garlic powder  
 1 teaspoon chipotle powder  
 1 teaspoon adobo seasoning  
 Pinch of red pepper flakes, if desired  
 6 cups water  
 2 (14.5-ounce) cans kidney or red beans (about 3 cups), rinsed and drained  
 2-3 cups raw spinach, torn  
 1 cup cooked corn (optional)  
 Salt to taste

## Steps

1. Chop the onions and bell pepper in a food processor, or dice with a knife.
2. Place the chopped onions and bell pepper, bulgur, tomatoes, dates, chili powder, paprika, oregano, garlic, chipotle powder, adobo seasoning, red pepper flakes, and water in a pressure cooker and cook under pressure for seven minutes. Alternatively, you can also cook on the stovetop for about 30 minutes, or until the bulgur is cooked through.
3. Stir in the beans, spinach, and corn, and let sit for about five minutes. Salt to taste. Serve in bowls.
4. Note: If you don't have all of the seasonings, such as the chipotle and adobo, you can simply add more chili powder to taste. You can add them next time!

