

Wisconsin Chili Lunch with FoodRight

Veggie & Bean Chili

Fri 2/19 at **1:35pm** on Facebook Live **@FoodRightInc**

Bring these things to the lesson:

Chili Ingredients

- 3 Tablespoons canola oil
- 1 teaspoon kosher salt
- 1 medium onion, finely chopped
- 1 medium carrot, chopped
- 1 small green pepper, chopped
- 3 cloves of garlic, minced or grated
- 1 - 1 1/2 Tablespoons chili powder
- 2 teaspoons cumin
- 1 pinch cayenne pepper
- 1 (15 oz.) can kidney beans, drained & rinsed
- 1 (15 oz.) can pinto beans, drained & rinsed
- 1 (15 oz.) can diced tomatoes, keep juice
- 1/2 cup water
- 1/2 lime, juiced

Garnish

- 1/4 cup chopped cilantro
- 1 green onion, minced
- Sour cream

WI Chili Lunch:

We are pleased to participate in the 2021 virtual WI Chili Lunch & support local farmers.

Learn more at
<https://cias.wisc.edu/chililunch/>



Cooking Equipment

- Stove
- Hot mitts
- Chef knife
- Cutting board
- Large pot with lid
- Spatula/spoon for sautéing
- Measuring spoons
- Liquid measuring cup
- Dry measuring cups
- Prep bowls (optional)
- Vegetable peeler
- Can opener

Directions

1. Prepare all of the vegetables and beans.
2. Heat oil in a large pot on medium high heat. Add and sauté onions, carrot, bell pepper, and salt. Sauté until onions are translucent and carrots have softened.
3. Next add garlic and spices and sauté another 30 seconds.
4. Add beans, tomatoes and water. Bring to a boil, then reduce heat and let it simmer 10 minutes, stirring occasionally.
5. Stir in lime juice, adjust for seasoning, and garnish. Serve on its own or over whole wheat pasta.

