



# ShopRite



## KIDZ COOK

### Recipe of the Week!

**TAKE ONE HOME AND TRY IT YOURSELF!**

#### Healthy Vegetarian Chili with Toppings

(Serves 8)

##### Ingredients

- 2 tablespoons olive oil
- 1 small yellow onion, diced (1 cup)
- 1 cup vegetable stock (vegetable broth will work)
- 1/2 tablespoon dried (NOT ground) oregano
- 2 cans (14.5 oz EACH) fire-roasted diced tomatoes
- 2 cans (14.5 oz EACH) black beans, drained and rinsed
- 1 can (14.5 oz) pinto beans, drained and rinsed
- 1 can (4 oz) fire-roasted diced green chiles, optional
- 1 tablespoon minced garlic (reduce depending on sensitivity)
- 1/2 teaspoon EACH: dried basil, seasoned salt, cayenne pepper, paprika
- 1 red bell pepper, diced (heaping cup)
- 2 tablespoons ground chili powder
- 1/2 tablespoon white sugar
- 1 teaspoon ground cumin
- 1 cup frozen corn
- 1 bay leaf
- 2 tablespoons fresh lime juice
- 1/4 teaspoon cracked pepper

**TOPPINGS:** Cheddar cheese, fat-free sour cream, avocado, cilantro, chives, tortilla strips, etc.

##### Instructions

- Place a large heavy-bottomed pot (or Dutch oven) over medium heat. Pour in the olive oil and wait until simmering, about 20 seconds. Add in the diced onion and stir for 3-4 minutes. Add in diced pepper and cook, stirring occasionally, until veggies are very tender, about 6-9 minutes.
- While the veggies are getting soft, mince the garlic and measure out all the spices, combining them into a small bowl: the chili powder, oregano, cumin, dried basil, salt, cayenne pepper, paprika, pepper, and sugar. Stir together and set aside until onion/pepper are tender.
- Add in the garlic and all the seasonings. Cook, stirring constantly, until the seasonings and garlic are fragrant, about 45 seconds - 1 minute. Be careful to not burn.

**Enjoy!**

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## Healthy Vegetarian Chili with Toppings

(continued)

- Carefully add in the undrained diced tomatoes (they might sizzle splatter up a bit) and stir. Add in the drained and rinsed black beans, drained and rinsed pinto beans, chiles (if desired), frozen corn, and vegetable stock. Add in the bay leaf.
- Stir to combine everything. Reduce the heat as needed to maintain a gentle simmer, and stir occasionally, for 25-30 minutes.
- Remove 1 and 1/2 cups of the chili and transfer to a blender. To avoid a mess, remove your blender lid's center insert and hold a kitchen towel firmly over the top. Ensure the lid is securely fashioned and blend while holding the towel. Once smooth, pour this mixture back into your chili. Stir to combine.
- Add fresh lime and fresh cilantro as desired. Season to taste (I always add in a little bit more salt & pepper). Garnish individual bowls with everyone's favorite toppings. For us, sour cream and cheddar cheese are must-haves.

