



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Challenge Chili

Makes: 50 Servings

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Ingredients	Weight	Measure
Onion, large, raw		9 each
Green pepper, large, raw		9 each
Carrot, large, raw		9 each
Yellow pepper, raw, large		5 each
Garlic		21 cloves
Olive oil		1 cup
Chili powder		3 Tbsp
Cumin		1/2 cup
Canned tomatoes, no salt	464 oz	
Black beans, canned	1 #10 can	
Red kidney beans, canned	2 #10 cans	

Directions

1. Chop vegetables into small chunks.
2. Place in large pot with heated olive oil and saute onions, green peppers, carrots and garlic until near soft.
3. Add tomatoes, seasonings and beans.
4. Heat through and then simmer for at least an hour.
5. Serve in bowls garnished with raw julienned yellow pepper.

My Notes

Source: Woolwich Central School (Recipe for Healthy Kids Challenge)

