



Garden Chili

Tips

- This recipe can be made the day before.
- It can also be frozen for later use.
- This recipe is very versatile! Try it on top of a baked potato or nachos.



Garden Chili

Recipe by: Denver Public Schools

Recipe

Ingredients

Onion, diced	12 oz	Salt	1 3/4 tsp
Carrots, sliced	3 oz	Pepper, black	1 tsp
Zucchini, diced	6 oz	Pinto beans, drained, rinsed	19 oz
Celery, diced	8 oz	Tomatoes, canned crushed or diced	32 oz
Green pepper, diced	3 oz	Water	6 fl oz
Olive or vegetable oil	1 tsp	Lemon Juice	1 Tbsp
Garlic, dehydrated	3/4 tsp	Cheese, shredded	1 lb
Oregano	2 tsp		
Cumin	2 tsp		
Chili Powder	2 tsp		

Directions

1. Wash, trim, and chop onions, carrots, zucchini, celery, and green pepper.
2. Heat oil and sauté onions until transparent.
3. Add carrots and celery, garlic, oregano, cumin, chili powder, salt, and pepper to onions. Cook until tender-crisp. Add beans, green peppers, zucchini, tomatoes, water, and lemon juice to vegetable and herb mixture.
4. Cook for approximately 30 to 40 minutes.
5. Ladle $\frac{3}{4}$ cup serving into bowls and top with 1 Tbsp of shredded cheese.

Alternate service: Serve over baked potato half.

Makes approximately 10 1/2 cup servings.