



Crowd-pleasing vegetarian chili

This is a nutrient-packed chili with loads of vegetables and fibre.

Ready in: 30 minutes

Servings: 8 - 1/2 cup servings

1 tbsp	vegetable oil	15 mL
1	onion, chopped	1
1	red pepper, chopped	1
2 cloves	garlic, minced	2 cloves
2 stalks	celery, finely chopped	2 stalks
4	carrots, grated	4
1 tbsp	chili powder	15 mL
2 tsp	ground cumin	10 mL
1 - 28 oz can	tomatoes, diced - low sodium	796 mL
1 - 14 oz can	red kidney beans, rinsed and drained	398 mL
1 cup	grated low fat cheddar cheese	250 mL

1. In the skillet, heat oil over medium heat. Add onion, pepper, garlic, celery and carrots; cook until vegetables are tender. Stir in chili powder and cumin; cook for 1 minute.
2. Add tomatoes, breaking up with spoon. Stir in beans; bring to boil. Reduce heat, cover and simmer for 5 minutes. Serve sprinkled with cheese.



Shopping list

Crowd-pleasing vegetarian chili
Shopping list to make 16 servings

Quantity	Item	* Actual recipe requirement
1 small bottle	vegetable oil	2 tbsp
2 small	onions	2
2	red pepper	2
1 bulb	garlic	4 cloves
1 bunch	celery	4 stalks
1 - 2 lb bag	carrots	8
2 - 28 oz can	diced tomatoes - low sodium	2 cans (28 oz)
2 - 14 oz can	red kidney beans	2 cans (14 oz)
1 - 400 g	low fat cheddar cheese	2 cups
1 small pkg	chili powder	2 tbsp
1 small pkg	ground cumin	2 tsp

* Spices may be purchased from bulk food stores or you can purchase the smallest package from the grocery store.

Equipment needed to make crowd-pleasing vegetarian chili

Electric skillet or large saucepan	Dry measuring cups
Cutting board	Measuring spoons
Chef's knife	Ladle
Wooden spoon	
Grater	
Can opener	
Liquid measuring cup	

Notes for class session

- Equipment may need to be shared between the workstations.
- If you have access to a stove, one group can prepare the recipe on stove top (need saucepan) and another group could use the skillet.

* This recipe is adapted from the book "Vegetarian Cooking for Beginners" by Deborah Madison.