

# PURE FOOD KIDS



# CHILI



Approximate ingredient cost \$15 - \$20

**MAKES SIX 1½ CUP SERVINGS**



## INGREDIENTS:

- 1 cup chopped sweet onion (medium)
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 can (15.25 oz.) kidney beans
- 1 can (15.25 oz.) black beans
- 1 can (28 oz.) diced tomatoes
- 1 tablespoon chili powder
- 1½ teaspoons dried oregano
- ¾ teaspoon ground cumin
- 1¼ teaspoons sea salt
- ¼ teaspoon ground black pepper
- 1 tablespoon vegetable or olive oil
- 1 cup whole-kernel corn (fresh or frozen)
- ½ bunch cilantro, chopped

- 1 Prepare and measure all of the ingredients: chop onion and zucchini, mince garlic, chop green and red bell peppers. Measure all the spices into a small bowl.
- 2 Open, drain, and rinse the beans. Open the can of tomatoes.
- 3 Add oil to a medium soup pot over medium-high heat.
- 4 Add onion and garlic to the soup pot, stir, and cook for 1 to 2 minutes.
- 5 Add green and red bell peppers and zucchini to the soup pot and sauté until tender.
- 6 Add spices to the soup pot and stir until all of the vegetables are well coated.
- 7 Add the beans and tomatoes to the soup pot and stir well.
- 8 Add corn to the soup pot and stir. Turn up heat to bring chili to a boil. Reduce the heat to low and simmer for 15 minutes.
- 9 Turn off the heat on the soup pot, stir the chili, and garnish with cilantro before serving. Enjoy!