

FOOD DETECTIVES

LEARNING EXTENSION

WORLD'S BEST CHILI

Learning Objectives:

- Students will follow a recipe
- Students will collaborate with their table groups to prepare tasty vegetarian chili

Estimated Time: 40 mins

OVERVIEW: Students will work together to prepare a delicious vegetarian chili in their classrooms. Videos featuring Chief Food Detective Jonathan will help guide them through the preparation instructions, as well as lead them in a chili cheers once the recipe has been completed.

BEFORE LESSON:

- Purchase ingredients and gather classroom kitchen supplies
- Review the videos and recipe online at www.beechersfoundation.org/chili
- Arrange students into five table groups

MATERIALS:

For the classroom kitchen:

- Approx 16 cutting boards and 16 lettuce knives (2-4 per table group)
- 2 measuring cups
- 2 sets measuring spoons
- Can opener
- Strainer and bowl for beans
- 7 small bowls for ingredient prep
- 2 extra small bowls for measured spices
- Electric burner
- Pot
- Stirring Spoon
- Paper cups and bowls (1 per student)
- Ingredient instruction print outs
- Optional: 5 trays, to organize each table's supplies

Ingredients:

- 1 sweet onion
- 1 head garlic
- 1 green bell pepper
- 1 red bell pepper
- 1 medium zucchini
- 1 can (15.25 oz) kidney beans
- 1 can (15.25 oz) black beans
- 1 can (28 oz) diced tomatoes
- 1 Tbs chili powder
- 1 1/2 tsp dried oregano
- 3/4 tsp ground cumin
- 1 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbs vegetable or olive oil
- 1 cup whole-kernel corn (fresh or frozen)
- 1/2 bunch cilantro, chopped

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INSTRUCTIONAL GUIDE:

1. Introduction: Tell students your classroom has been transformed into a kitchen, and they are going to be transformed into chefs who will work together to make a delicious recipe.

2. Compare canned vs. fresh chili ingredients

a. Ask your students to close their eyes, and try to picture each of the following ingredients as you read them aloud:

b. Ask your students: Could they picture most of those ingredients in their head? Can they guess what the ingredients are for? The answer is canned chili!

c. Now close your eyes and try to picture each of these ingredients as you read them aloud:

d. Ask your students: Could they picture most of these ingredients in their head? Can they guess what these ingredients are for? The answer is the chili you're going to cook today!

Water, Beef and Pork, Textured Soy Flour, Oatmeal, Corn Flour, Chili Powder (Chili Peppers, Flavoring), Contains 2% or less of Sugar, Salt, Modified Cornstarch, Hydrolyzed Soy, Corn, and Wheat Protein, Tomato Paste, Flavoring, Yeast Extract, Spices.

Tomatoes, Kidney Beans, Black Beans, Green Bell Pepper, Red Bell Pepper, Zucchini, Onion, Corn, Cilantro, Garlic, Chili Powder, Vegetable Oil, Oregano, Cumin, Salt, Black Pepper.

3. Assign table groups and wash hands

- Ensure all students have washed hands. Wipe down/sanitize tables if needed.
- Let each table group know which ingredients they are in charge of (see Recommended Table Groups on the next page). This way they will know when to pay close attention during the instructional video.

4. Play "Chili in the Classroom" video (beechersfoundation.org/chili)

5. Distribute trays/ingredients and oversee vegetable prep.

- As groups begin, walk around and assist as needed.
- As groups begin to wrap up, give a five minute warning and clean up instructions.

6. Cook the chili

- Display the recipe at the front of the classroom and read through it as a class, inviting groups up to add their ingredients when appropriate.

7. Time to eat!

- Dish out the chili
- Play the chili cheers video and take your first bite together.

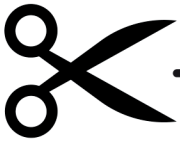


TABLE GROUPS & INGREDIENT CARDS

RECOMMENDED TABLE GROUPS & SUPPLIES

1. **Onion & Corn** (4 cutting boards, 4 knives, 2 small bowls, 1 cup measuring cup)
2. **Cilantro & Garlic** (3 cutting boards, 3 knives, 2 small bowls)
3. **Beans, Tomatoes, Zucchini** (2 cutting boards, 2 knives, can opener, colander + large bowl)
4. **Chili Powder, Salt, Pepper, Red Pepper** (3 cutting boards, 3 knives, measuring spoons, 1 small bowl, 1 extra small bowl)
5. **Oregano, Cumin, Green Pepper** (3 cutting boards, 3 knives, measuring spoons, 1 small bowl, 1 extra small bowl)

Cut out each of the following ingredient prep cards. Place on tray with corresponding ingredients.



Beans & Tomatoes

- 1 can kidney beans
- 1 can black beans
- 1 can diced tomatoes

Open both cans of beans. Place strainer over the bowl and pour both cans of beans into strainer.

If a sink is available; pour bean juices down sink and rinse beans with water. Place strainer with beans over the bowl to drip.

If a sink is not available; leave strainer with beans over the bowl.

Open can of tomatoes and leave for later.



Spices

- 1 Tablespoon (Tbsp) chili powder
- 1 1/2 teaspoon (tsp) salt
- 1/4 teaspoon (tsp) black pepper

Measure chili powder, salt and black pepper. Put into a small bowl.

DO NOT MIX WITH BELL PEPPER.

Spices

$\frac{3}{4}$ teaspoon (tsp) cumin

1 $\frac{1}{2}$ teaspoons (tsp) oregano



Measure oregano and cumin. Put into a small bowl.

DO NOT MIX WITH PEPPER.

Cilantro

$\frac{1}{2}$ bunch fresh cilantro



Pick cilantro leaves off of stems and place leaves on cutting board.

Make a small pile of cilantro leaves and coarsely chop into small pieces. Place chopped leaves into bowl.

Garlic

4 cloves garlic



Separate 4 cloves of garlic from the bulb. Smash the cloves with the flat side of your knife. Peel the papery skin off the 4 cloves.

Mince (chop very small) the garlic and place in bowl.

Corn

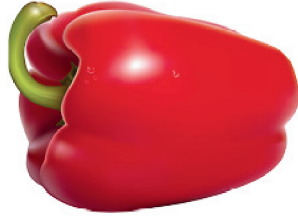
1 cup frozen corn



Measure 1 cup of corn, place in small bowl.

Red Pepper

1 red pepper



Cut pepper in half and remove the seeds.

Thinly slice pepper, then chop into bite-size pieces.

Place chopped pepper in the larger bowl.

Green Pepper

1 green pepper



Cut pepper in half and remove the seeds.

Thinly slice pepper, then chop into bite-size pieces.

Place chopped pepper in the larger bowl.

Zucchini

1 medium zucchini



Cut ends off zucchini and cut in half the short way.

Cut each piece in half length-wise to form half-circle shapes.

Thinly slice zucchini and place in bowl.

Onion

1 cup onion



Cut ends off onion, cut the onion in half and peel off papery outer layer.

Thinly slice the onion, then chop into bite-size pieces.

Measure 1 cup of chopped onion and place in a bowl.

FOOD DETECTIVES

WWW.BEECHERSFOUNDATION.ORG

WORLD'S BEST CHILI

Approximate ingredient cost \$20
Makes six 1.5 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
1 1/2 teaspoons dried oregano
3/4 teaspoon ground cumin
1 1/4 teaspoons sea salt
1/4 teaspoon ground black pepper
1 tablespoon vegetable or olive oil
1 cup whole-kernel corn (fresh or frozen)
1/2 bunch cilantro, chopped



DIRECTIONS

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.
9. Reduce the heat to low and simmer for 15 minutes.
10. Turn off the heat on the soup pot, stir the chili, and garnish with cilantro before serving. Enjoy!