



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Onion



Beef



Celery



Peppers



Cabbage



Corn

Hearty Beef Chili

By Jenny & Rosie

Serves 6-8

Ingredients

- | | |
|-------------------|---|
| 1 Tbsp (15 mL) | Oil |
| 1 large | Onion , diced |
| 1 lb (454 g) | Ground beef (or ground pork) |
| 2 stalks | Celery or ½ small head celeriac , diced very fine |
| 1 | Sweet pepper (any colour), minced or 1 Cup (250 mL) |
| | minced cabbage |
| 2 cloves | Garlic , minced |
| 1 tsp (5 mL) | Salt |
| 3 Tbsp (45 mL) | Chili powder |
| 2 × (540 mL) cans | Kidney or black beans, drained |
| 1 × (796 mL) can | Whole tomatoes or 4 Cups (1 L) tomato purée |
| 1 × (156 mL) can | Tomato paste |
| ½ Cup (125 mL) | Water |
| 1 Cup (250 mL) | Fresh or frozen corn |

Directions

Note: Wash all produce well. If using dried beans, soak the day before starting the recipe.

1. Heat a large pot over high heat. Add the oil, onions, and ground meat.
2. Cook and stir for 15-20 minutes, until meat is browned and onions are tender. Add the celery, peppers, garlic and salt. Stir and cook for 10 minutes.
3. Add the chili powder and cook for a minute, then add the beans, tomatoes (break them up with your hands as you add them), tomato paste and water. Bring the mixture to a simmer over medium heat, stirring frequently.
4. Reduce the heat to low and simmer for at least 30 minutes. Add the corn, stir well, and simmer for another 10 minutes. Taste and serve with any or all of the optional toppings.



Create Your Plate!

Veg It Up

Add diced sweet potato in Step 2 or mashed sweet potato in Step 4 for extra colour, fiber and flavour.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Tortilla chips
- ★ Garlic toast or cornbread
- ★ Grated cheese
- ★ Sour cream
- ★ Romaine or iceberg lettuce - mix in finely chopped kale (optional)
- ★ Tomato
- ★ Red or green cabbage
- ★ Shredded carrots
- ★ Onion
- ★ Corn
- ★ Sweet potatoes - roasted
- ★ Guacamole or chopped avocados
- ★ Banana Peppers
- ★ Cilantro
- ★ Hot sauce
- ★ Fruit

Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Tortilla Chips



Cheese



Sour Cream



Lettuce



Tomato



Cabbage



Carrot



Onion



Corn



Sweet Potato



Cilantro



Fruit