



COOK ALONG RECIPE:

Vegetarian Chili



SHOPPING LIST

-  • Olive Oil - 2 Tablespoons
-  • Black beans - 1/3 cup dried beans (or one 15 oz can)
-  • Kidney beans - 1/3 cup dried beans (or one 15 oz can)
-  • Diced tomatoes - one 15 oz can
-  • Garlic - 3 cloves
-  • Spices: chili powder & paprika 1/8 teaspoon of each
-  • Red bell pepper - 1 each
-  • Salt, as needed




PREP LIST

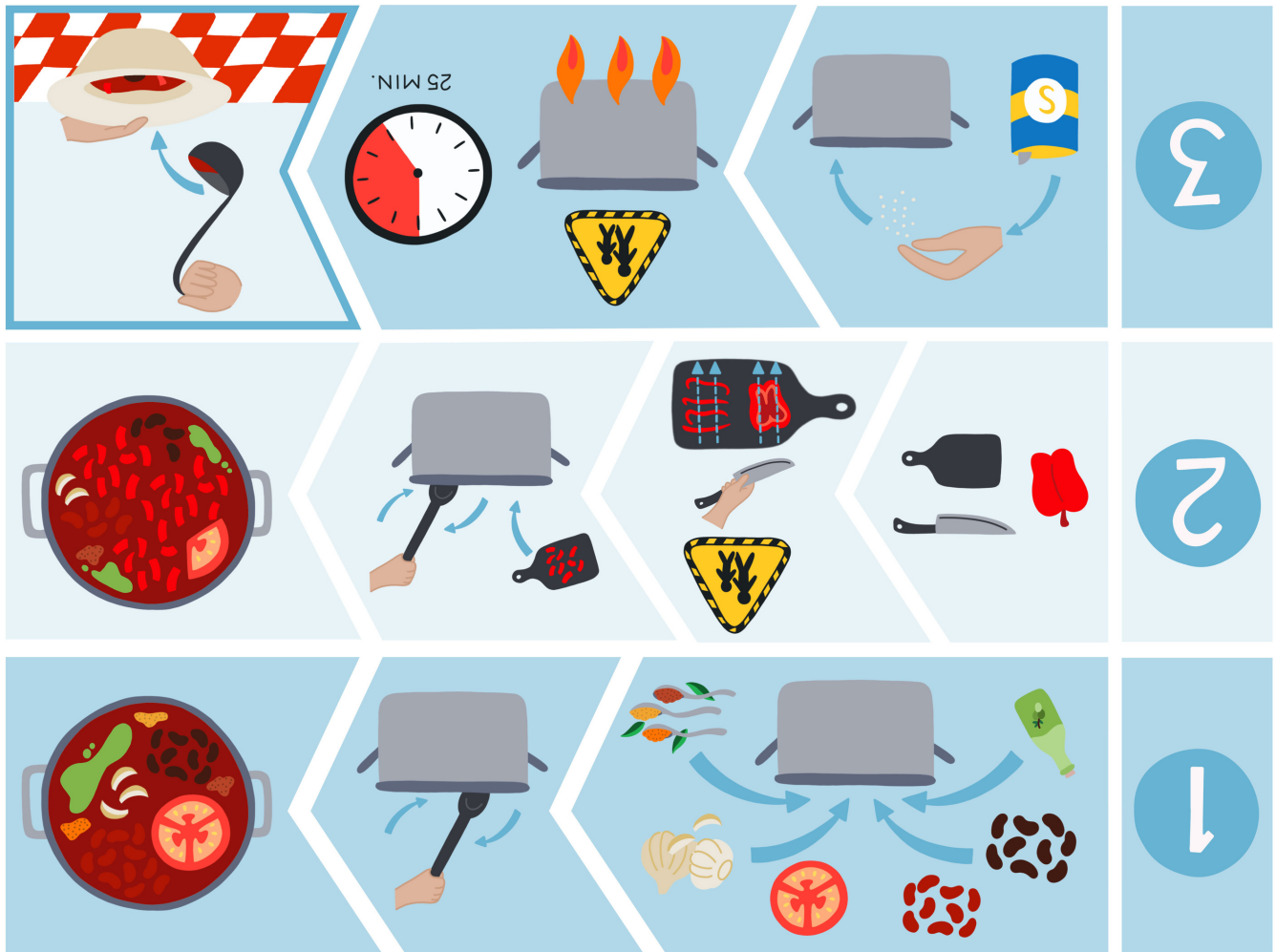
- Measure all ingredients
- Cook beans (or open cans)
- Mince garlic
- Open diced tomatoes

FINE MOTOR SKILLS

-  • Mixing
-  • Slicing
-  • Sprinkling

RECIPE

-  Into your pot, pour the oil, beans, tomatoes, garlic and spices. Mix to combine.
-  Slice the pepper in half and remove the seeds. Then slice each half into strips, and then into squares. Add the diced pepper to the pot.
-  Sprinkle in salt to taste. Cook uncovered over medium flame for 20 minutes, or until peppers are tender. Serve with guacamole, cornbread, rice or tortilla chips for a complete meal.



Chili

Tools:



Pot



Cutting Board



Knife



Spoon

