

Vegetable Chili Boat

Rating: ★★★★★

Prep time: 20 minutes

Cook time: 25 minutes

Makes: 6 Servings

This warm and wonderful vegetarian chili will light up your palate with three flavorful beans mixed together with vegetables and spices, surrounded by crunchy corn tortilla chips, and sprinkled with a blend of cheeses.

Ingredients

- 2 1/2 teaspoons** canola oil
- 1/2 cup** Fresh onion, peeled, diced
- 1/2 cup** Fresh green bell pepper, seeded, diced
- 1/2 cup** Canned low-sodium pinto beans, drained, rinsed
- 1/2 cup** Canned low-sodium kidney beans, drained, rinsed
- 1 cup** Canned low-sodium black beans, drained, rinsed
- 1 1/2 tablespoons** chili powder
- 1 1/3 cups** Canned low-sodium diced tomatoes
- 1 cup** Low-sodium chicken stock
- 1 dash** hot sauce
- 1/4 cup** Canned low-sodium tomato paste
- 18** Low-sodium tortilla chips (about 3 oz)
- 1/4 cup** reduced-fat cheddar cheese, shredded (1 oz)
- 1/4 cup** Low-fat mozzarella cheese, low moisture, part skim, shredded (1 oz)

Directions

1. Heat canola oil in a large pot over medium-high heat. Add onions and green peppers. Cook for 2-3 minutes or until tender. Add beans and stir to coat. Add chili powder. Stir. Cook for 1 minute for flavors to blend.
2. Add tomatoes, chicken stock, and hot sauce. Bring to a boil. Simmer uncovered for 10 minutes. Add tomato paste and mix well. Cook uncovered for an additional 10 minutes. Bring to a rolling boil for at least 15



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	141	
Total Fat	4 g	
Protein	7 g	
Carbohydrates	21 g	
Dietary Fiber	5 g	
Saturated Fat	1.3 g	
Sodium	159 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	1/2 ounce
Protein Foods	1 ounce

seconds. Reduce heat to low and simmer to keep warm.
3. Combine cheddar and mozzarella cheeses (the cheese is a garnish).
4. Place $\frac{3}{4}$ cup chili in a bowl. Top with 3 chips and sprinkle with about 1 tablespoon of cheese blend. Serve hot.

Notes

Our Story

Cedar Cliff High School is committed to preparing students to be responsible adults. The school seized the competition as an opportunity to involve students, parents, and community members in a real-life challenge of creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. It was selected by over 250 students, and survey results indicated the majority of the students would purchase it again. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

Cedar Cliff High School

Camp Hill, Pennsylvania

School Team Members

School Nutrition Professional: Todd Stoltz

Chef: Thomas Long, CEC AAC (Executive Chef, Sodexo at Holy Spirit Hospital)

Community Member: Jaci Scott (Family and Consumer Science Teacher)

Student: Tessa L.

$\frac{3}{4}$ cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, $\frac{1}{4}$ cup red/orange vegetable, and $\frac{1}{4}$ cup oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ oz meat alternate, $\frac{1}{8}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes