

Challenge Chili

Makes: 6 Servings

Ingredients

- 1 Onion, raw (large)
- 1 Green pepper, raw (large)
- 1 Carrot, raw (large)
- 1 Yellow pepper, raw (as garnish)
- 1 **clove** garlic
- 2 **tablespoons** olive oil
- 1 **teaspoon** chili powder
- 1 **tablespoon** cumin
- 56 **ounces** canned tomatoes (no salt added)
- 16 **ounces** black beans, canned
- 32 **ounces** Red kidney beans, canned

Directions

1. Chop vegetables into small chunks.
2. Place in large pot with heated olive oil and saute onions, green peppers, carrots and garlic until near soft.
3. Add tomatoes, seasonings and beans.
4. Heat through and then simmer for at least an hour.
5. Serve in bowls garnished with raw julienned yellow pepper.

Notes

Serving Tips:

The Woolwich Wildcats treated themselves to a scrumptious main meal of mouth watering CHALLENGE CHILI in November. The CHALLENGE CHILI made with fresh locally grown sweet onions, crisp green peppers and delicious carrots was enjoyed by all! The students got excited about lunch when the aroma of roasting garlic

wafted through the halls as the tasty legumes simmered. Adding yellow julienned peppers as a garnish completes the rainbow medley of red, green and orange vegetables. Taste buds danced eating this CHALLENGE CHILI with just the right amount of spice. It was served with hot homemade blueberry cornbread and fresh tasty applesauce. YUM!