

PERCOLATE KITCHEN

weeknight cooking for working parents

Freezer Meals Class: May 5, 2019

This is a great vegetarian chili that's so hearty you'll never miss the meat. Masa corn flour is stirred in at the end to add thickness and richness to the finished chili. Serve this with your favorite chili toppings!

Vegetable and Bean Chili: PREP CHECKLIST

Supplies needed:

- Knives: chefs and paring
- Measuring spoons and cups
- Cutting board
- Freezer-safe ziplock bags and bag stands

To cut:

- Peel and dice onions
- Peel and mince garlic
- Peel and dice carrots
- Slice off ends of zucchini, then dice
- Deseed and dice bell peppers

**Add ingredients to large freezer-safe ziploc bag as they are cut

Add:

- Tomato sauce
- Kidney beans
- Black beans
- Corn
- Masa corn flour
- Dry seasonings (chili powder, cumin, paprika)

Label instructions:

Thaw as needed.

Stovetop: Cook on low heat 2-3 hours until vegetables are soft.

Slow Cooker: Cook on low heat 5-6 hours, high heat 2-3, until vegetables are soft

Instant Pot: High Pressure, 15 minutes, natural release

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Vegetable and Bean Chili: RECIPE

Ingredients:

- 1 yellow onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 large carrots, peeled and diced
- 1 bell pepper, deseeded and diced
- 1 large zucchini, ends discarded and diced
- 8 ounces corn kernels (¾ cup)
- 14.5 ounces tomato sauce
- 1 cup chicken or vegetable broth
- 14.5 ounce can red kidney beans (or 1 ½ cups cooked)
- 14.5 ounce can black beans (or 1 ½ cups cooked)
- 2 tablespoons masa corn flour
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon chili powder

Method:

Stovetop:

1. In a large pot with a lid, heat 2 tablespoons vegetable or canola oil over medium heat until shimmering.
2. Add onion, carrot, bell pepper, and zucchini and cook until the onion has started to soften.
3. Add garlic, corn, tomato sauce, beans, and seasonings and stir to combine.
4. Cook on low heat 1-2 hours until all vegetables are soft.

Slow Cooker:

1. Add ingredients to slow cooker and stir to combine.
2. Secure lid and cook on high heat 4 hours, low heat 3, or until vegetables are soft and cooked through.

Instant Pot:

1. Add ingredients to pressure cooker, secure lid, and seal venting valve.
2. Cook at High Pressure for 15 minutes with a natural release.

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