
Appendix A

- Chili Recipe Materials
 - Team Recipe Sheet
 - Vegetarian Chili Nutrition Facts Statement
 - Tray Set Up

Team Recipe

Hearty Vegetable Chili

Makes: 6 – 1 1/2 cup servings

Ingredients:

1 tablespoon vegetable or olive oil	1 cup whole-kernel corn (fresh or frozen)
1 cup chopped onion	1 tablespoon chili powder
1 cup chopped green bell pepper	1 ½ teaspoons leaf oregano
1 cup chopped red pepper	¾ teaspoon ground cumin
4 cloves garlic, minced	1 teaspoon sea salt
28 oz. whole peeled tomatoes	¼ teaspoon ground black pepper
1 can (15.25 oz.) kidney beans	½ bunch cilantro, chopped
1 can (15.25 oz.) black beans	(up to 1 c. Water if chili looks too thick)

Onion and Garlic (2 peelers, 2-3 choppers, 1 measurer)

Peelers: Cut the ends of the onion and peel of papery outer layer. Separate 4 cloves of garlic from bulb. Smash the cloves with side of knife. Peel the papery skin off the four cloves.

Choppers: Chop onion into small pieces. Mince (chop very small) the garlic.

Measurer: Measure 1 cup of onion, put into *larger* bowl. Put garlic into *smaller* bowl.

Red Pepper and Spices (1 washer, 2-3 choppers, 2 measurers)

Washer: Wash the red pepper.

Choppers: Quarter pepper and remove the seeds. Throw away seeds. Chop pepper into ½-inch pieces.

Measurer: Measure 1 cup of red pepper into *larger* bowl. Measure oregano and cumin, put into *smaller* bowl.

Please do not mix spice in with the peppers.

Green Pepper and Spices (1 washer, 2-3 choppers, 2-3 measurers)

Washer: Wash green pepper.

Choppers: Quarter pepper and remove the seeds. Throw way seeds. Chop pepper into ½-inch pieces.

Measurer: Measure 1 cup of green pepper into *larger* bowl.

Measurer: Measure chili powder, salt, and pepper, place together in *smaller* bowl and stir.

Please do not mix spice in with the peppers.

Beans and Tomatoes (2 can openers, 2-3 choppers)

Openers: Open both cans of beans, take to sink with strainer and one bowl. Over sink, put beans into a strainer and rinse. Pour beans into a bowl. Rinse strainer.

Choppers: Open tomato can. Drain the tomatoes through strainer over other bowl. **Save the juice the tomatoes are in.** Pull the tomatoes out of the juices and chop them into bite sized pieces. Place tomato pieces in with the juices in another bowl.

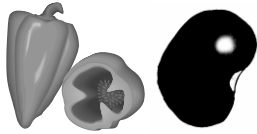
Cilantro and Corn (1 washer, 2 stemmers, 2-3 choppers, 1 measurer)

Washer: Wash cilantro. Pat cilantro dry between paper towels. If it is too wet, it will stick to the knife.

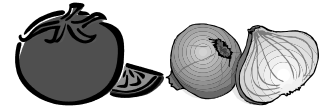
Stemmers: Pick cilantro leaves off of stems and place leaves on cutting board. **Throw stems away.**

Choppers: Coarsely chop cilantro leaves into small pieces. Place in small bowl.

Measurer: Measure 1 cup of corn, place in separate small bowl.



Hearty Vegetable Chili



Nutrition Facts			
Serving size: 1 1/2 cups (370g)			
Servings Per Recipe 6			
Amount Per Serving			
Calories 251 Cal. from Fat 33			
% Daily Value*			
Total Fat	4g		6%
Saturated Fat	1g		4%
Cholesterol	0mg		0%
Sodium	400mg		15%
Total Carbohydrate	46g		15%
Dietary Fiber	11g		45%
Sugars	7g		
Protein	13g		
Vitamin A	35%	Vitamin C	145%
Calcium	15%	Iron	30%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4 Protein 4

Tray Set Up

Team 1

- 1 tray
- 4 cutting boards
- 4 knives
- 1 small bowl
- 1 medium bowl
- 1 measuring cup
- at least 4 cloves garlic
- 1 onion

Team 2

- 1 tray
- 3 cutting boards
- 3 knives
- 1 medium bowl
- 1 small bowl
- 1 set measuring spoons
- 1 measuring cup
- oregano
- cumin
- 1 red bell pepper

Team 3

- 1 tray
- 3 cutting boards
- 3 knives
- 1 measuring cup
- 1 small bowl
- 1 medium bowl
- measuring spoons
- salt
- black pepper
- chili powder
- 1 green bell pepper

Team 4

- 1 tray
- 3 cutting boards
- 3 knives
- 1 medium bowl
- 1 large bowl
- strainer
- can opener
- 1-15.25 oz. can kidney beans
- 28 oz. can whole tomatoes
- 1-15.25 oz. can black beans

Team 5

- 1 tray
- 3 cutting boards
- 3 knives
- 2 medium bowls
- 1 set measuring cups
- ½ bunch cilantro
- 1 package corn