Smokin' Powerhouse Chili

WEST JUNIOR HIGH SCHOOL
Minnetonka, Minnesota

Our Story

The recipe challenge team developed dishes that were prepared by school nutrition staff and offered to students during their lunch hour. Taste test results showed that Smokin' Powerhouse Chili was a success! This dish stands apart because of its warm, rich flavors.

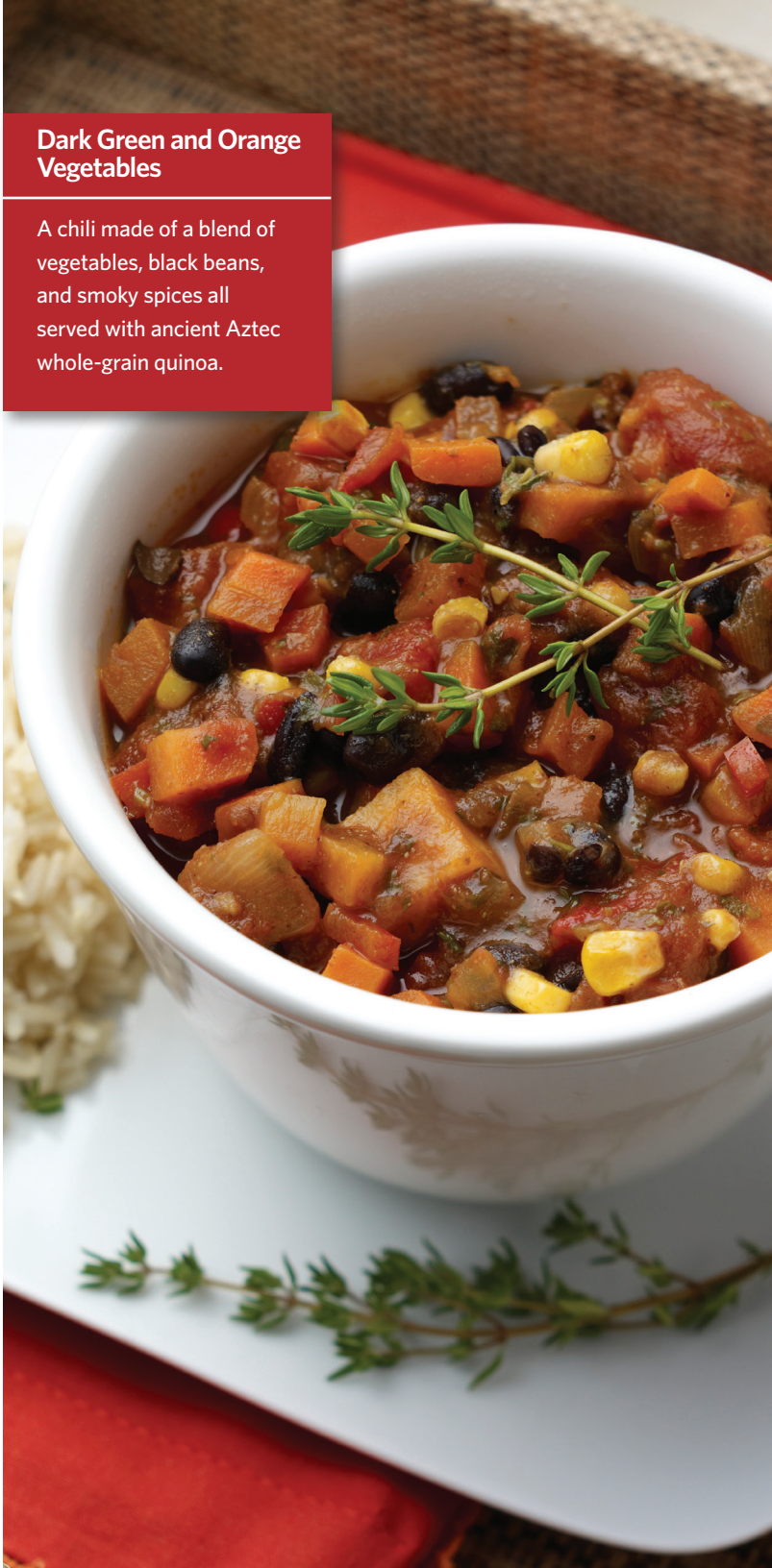
As the recipe challenge team describes it, Smokin' Powerhouse Chili is "the bomb!" It is the healthiest and tastiest chili you'll ever eat! As a main dish, it has a smoky blend of spices and some of Minnesota's best harvest to warm you up from the inside out on a cold winter's day!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Barbara Mechura
CHEF: Jenny Breen, MS (Co-owner, Good Life Catering)
COMMUNITY MEMBERS: Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)
STUDENTS: Ryan K., Liam P., Ty L., Miranda H., and Matt H.

Dark Green and Orange Vegetables

A chili made of a blend of vegetables, black beans, and smoky spices all served with ancient Aztec whole-grain quinoa.



Smokin' Powerhouse Chili

Ingredients

⅔ cup Quinoa, dry
1 cup Fresh onion, peeled, diced
2 tsp Fresh garlic, minced
¾ cup Low-sodium vegetable stock
1 ¼ cups Fresh carrots, peeled, diced ½"
½ cup Fresh red bell peppers, seeded, diced
½ tsp Ground chipotle pepper (optional)
1 cup Fresh sweet potatoes, peeled, diced ½"
1 ¾ cups Canned low-sodium diced tomatoes
1 cup Canned low-sodium tomato sauce
¼ cup Fresh cilantro, chopped
2 ½ tsp Chili powder
2 ½ tsp Ground cumin
¼ tsp Salt
2 cups Canned low-sodium black beans, drained, rinsed
½ cup Frozen corn

Preparation Time: 30 minutes
Cooking Time: 1 hour 25 minutes
Makes six 1-cup servings chili and six ¼-cup servings quinoa

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 1 ⅓ cups water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer uncovered until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.

2. In a large pot coated with nonstick cooking spray, cook onions and garlic over low-medium heat for 2 minutes. Add half of the vegetable stock and bring to a boil.

3. Add carrots, red bell pepper, and optional ground chipotle pepper. Cook uncovered over medium heat for 10 minutes.

4. Steam sweet potatoes in a steam basket over high heat. Cover and steam for 15 minutes or until fork-tender.

5. Add remaining vegetable stock to pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook uncovered over medium heat, stirring occasionally, allowing mixture to thicken and flavors to blend for about 15 minutes.

6. Add black beans, corn, and steamed sweet potatoes. Cover and continue cooking over low heat for 10-15 minutes.

Nutrients Per Serving: Calories **184,** Protein **7 g,** Carbohydrate **38 g,** Dietary Fiber **8 g,** Total Fat **2 g,** Saturated Fat **< 1 g,** Cholesterol **0 mg,** Vitamin A **9024 IU (435 RAE),** Vitamin C **39 mg,** Iron **3 mg,** Calcium **63 mg,** Sodium **256 mg**

Directions for Smokin' Powerhouse Chili (continued)

7. Serve ¼ cup quinoa with 1 cup chili. Serve hot.

May serve brown rice in place of quinoa.

1 cup chili and ¼ cup quinoa provides:

Legume as Meat Alternate: ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, ¼ cup additional vegetable, and ½ oz equivalent grains.

OR

Legume as Vegetable: ⅛ cup legume vegetable, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, ¼ cup additional vegetable, and ½ oz equivalent grains.

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