Vegetable Chili Boat

CEDAR CLIFF HIGH SCHOOL
Camp Hill, Pennsylvania

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!

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.

Dry Beans and Peas

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.

Vegetable Chili Boat

Ingredients

2 ½ tsp Canola oil

½ cup Fresh onion, peeled, diced

½ cup Fresh green bell pepper, seeded, diced

½ cup Canned low-sodium pinto beans, drained, rinsed

½ cup Canned low-sodium kidney beans, drained, rinsed

1 cup Canned low-sodium black beans, drained, rinsed

1 ½ Tbsp Chili powder

1 ⅓ cups Canned low-sodium diced tomatoes

1 cup Low-sodium chicken stock

1 dash Hot sauce

¼ cup Canned low-sodium tomato paste

18 chips Low-sodium tortilla chips (about 3 oz)

¼ cup Reduced-fat cheddar cheese, shredded (1 oz)

¼ cup Low-fat mozzarella cheese, low moisture, part skim, shredded (1 oz)

Preparation Time: 20 minutes
Cooking Time: 25 minutes
Makes six ¾-cup servings

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 seconds. Reduce heat to low and simmer to keep warm.

3. Combine cheddar and mozzarella cheeses (the cheese is a garnish).

4. Place ¾ cup chili in a bowl. Top with 3 chips and sprinkle with about 1 tablespoon of cheese blend. Serve hot.

¾ cup provides:

Legume as Meat Alternate: ¾ oz equivalent meat alternate, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ cup oz equivalent grains.

OR

Legume as Vegetable: ¼ oz meat alternate, ⅛ cup legume vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains.

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

Nutrients Per Serving: Calories **141,** Protein **7 g,** Carbohydrate **21 g,** Dietary Fiber **5 g,** Total Fat **4 g,** Saturated Fat **1 g,** Cholesterol **4 mg,** Vitamin A **1226 IU (64 RAE),** Vitamin C **14 mg,** Iron **2 mg,** Calcium **118 mg,** Sodium **159 mg**