

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a light blue and white striped shirt and light blue shorts. The garden bed is filled with various green leafy vegetables, including lettuce and spinach. The background is slightly blurred, showing more of the garden and a wooden structure.

LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Baked Potato with Homemade Veggie Chili

Featured Item: Potato

Serving Size: 1 bowl • Yield: 4

Fun Facts:

- We each eat over 100 pounds of potatoes a year!
- The heaviest potato ever grown weighed 10 pounds, 4 ounces.

Try It!

- Slice a potato halfway through 10 times, sprinkle with cheese on top and bake in the oven for easy cheesy potatoes!

INGREDIENTS - CHILI

Canola Oil:	2 teaspoons
Green Bell Pepper, Chopped:	2/3 cup
Onion, Chopped:	1/2 cup
Garlic, Minced:	2 teaspoons
Pinto Beans:	2/3 cup
Red Kidney Beans:	2/3 cup
Black Beans:	3/4 cup
Chili Powder:	2 1/4 teaspoon
Cumin:	1 1/2 teaspoon
Canned Diced Tomatoes:	1/4 cup
Tomato Paste:	1/3 cup
Water:	2 1/4 cup

INGREDIENTS - OTHER

Potatoes, Raw, Local:	4 medium
Shredded Cheddar Cheese:	1/2 cup



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DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare potatoes: Remove any bruises or discolored spots with a tip of a knife. Cut a small hole in each potato with a fork or sharp knife two times on each side, leaving about one inch between each hole. Bake until fork tender.
3. Prepare chili: Dice onion and green pepper. In a large pot, heat oil and saute onion, green peppers, and garlic for 2 to 4 minutes. Add (drained) beans, chili powder, and cumin. Stir for 1 to 2 minutes.
4. Add diced tomatoes water to pot. Bring to a boil over medium high heat. Reduce heat. Simmer uncovered for 10 minutes.
5. Add tomato paste and mix well. Cook for an additional 10 minutes.
6. To serve: 1 baked potato, topped with 1 cup chili and 1 ounce cheese.

Source: Pisanick Partners, LLC.