



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 Homeade Veggie Chili

Featured Item: Potato

Serving Size: 1 bowl • Yield: 25

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.5 Cups of Starchy
0.125 Cups of Other
0.25 Cups of Red/Orange
2 oz of Meat/Meat Alternate

INGREDIENTS - CHILI

Canola Oil:	1/4c., 1/2 tsp.
Green Bell Pepper, Chopped:	1 qt., 1/4 c., 2 1/4 tsp.
Onion, Chopped:	3 c., 2 tbsp.
Garlic, Minced:	1/4 c., 2 1/4 tsp.
Pinto Beans:	1 qt., 1/4 c., 2 1/4 tsp.
Red Kidney Beans:	1 qt., 1/4 c., 2 1/4 tsp.
Black Beans:	1 qt., 1 1/3 c., 2 1/4 tbsp.
Chili Powder:	1/4 c., 2 1/4 tsp.
Cumin:	3 tbsp., 1/2 tsp.
Canned Diced Tomatoes:	1 1/2 c., 1 tbsp.
Tomato Paste:	2 3/4 c., 1 tbsp., 1/4 tsp.
Water:	1 qt., 3 3/4 c., 1 tbsp.

INGREDIENTS - OTHER

Potatoes, Raw, Local:	25 medium
Shredded Cheddar Cheese:	1 lb., 9 oz.



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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.