

# pantry clips



## VEGETARIAN CHILI



### BEAN FACTS:

Beans are one of the earliest food crops to be cultivated.

Beans are a great source of Vitamin B6, Iron, Zinc, Magnesium, Vitamin C, & Folate.

Many dry bean varieties contain a toxin. Boiling dried beans at temperatures above 100°C (212°F) for 30 minutes will break down the toxin called lectin phytohemagglutinin. Cooking in a slow cooker is not recommended.

### INGREDIENTS

1 tbsp extra virgin olive oil	1 14-ounce can crushed tomatoes
4 cloves of garlic, chopped	1 cup canned or cooked black beans, drained and rinsed
1/2 onion, chopped	1 cup canned or cooked kidney beans, drained and rinsed
1 pepper, chopped	1 cup canned or cooked lentils, drained and rinsed
1 medium carrot, chopped	1 cup frozen or canned corn kernels
1 tbsp ground cumin	2 cups vegetable stock or water
2 tsp dried oregano	Cooked Rice for serving
1/2 tsp paprika	
salt and pepper to taste	
2 tsp tomato paste	

### METHOD

- 1 Heat the oil in a large pot and add the veggies (garlic, onion, green bell pepper, red bell pepper and carrot). Cook over medium-high heat for about 5 minutes, stirring occasionally.
  - 2 Push the veggies to the sides of the pot leaving a space in the center to add the spices into the hot oil for about 30 seconds, stirring occasionally.
  - 3 Add all remaining ingredients, stir, increase heat and bring to simmer. Reduce heat to medium-low and simmer for about 30-40 minutes.
  - 4 Serve immediately over cooked rice.
- ★ Tip: This recipe can be frozen up to 3 months, making it great for meal planning. Need substitutions? The beans or tomato products in the recipe allow for a variety of alternatives you may have in your pantry making it very flexible.

CONTACT US FOR MORE FUN PROGRAMS!

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Introducing TNDF's PANTRY CLIPS: your video guide to jazzing up common, non-perishable food items. Let us know if you liked this recipe and what recipes or ingredients we should use next! For more free activities like this one, please visit [www.tndf.ca](http://www.tndf.ca)

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**THE NOURISH & DEVELOP FOUNDATION** is a charitable non-profit organization committed to enhancing local food security and promoting self reliance through programs and collaborations that deliver lasting solutions and life-long learning.

**CONTACT US FOR MORE INFORMATION:**  
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