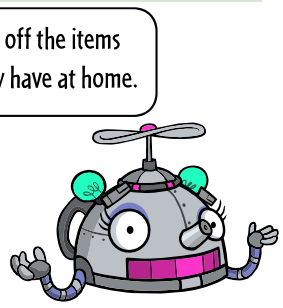
SHOPPING LIST

Bean Chili

- [ ] Olive Oil
- [ ] Spanish Onions
- [ ] Bell Peppers
- [ ] Zucchini
- [ ] Garlic
- [ ] Ground Cumin
- [ ] Dried Greek Oregano
- [ ] Chili Powder
- [ ] Bay Leaves
- [ ] Kidney Beans
- [ ] Canned Diced Tomatoes



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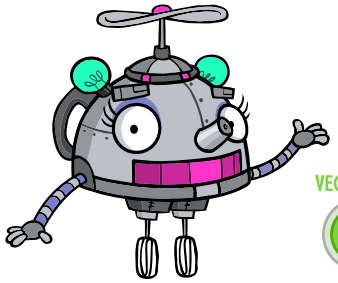
Mixiebot presents

DINNER

FIZZY'S LUNCH LAB

Bean Chili



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	12
YES	Over 1 hour	Medium	

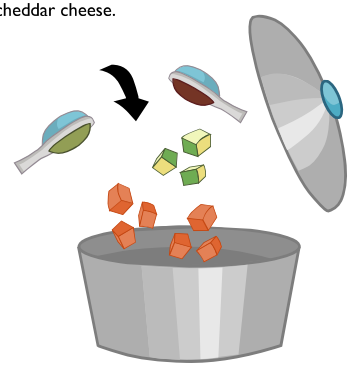
YOU WILL NEED

- **2 tablespoons** olive oil
- **2** spanish onions, coarsely chopped
- **2** bell peppers, diced
- **1** zucchini, diced
- **4** garlic cloves, minced
- **1 tablespoon** ground cumin
- **1 tablespoon** dried Greek oregano
- **1 tablespoon** chili powder
- **2** bay leaves
- x6 **6 cups** cooked red kidney beans, rinsed and drained
- x4 **4** (1-pound) cans diced tomatoes

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Try black turtle, white cannellini, or garbanzo beans, or a combination in place of the kidney beans. The chili can be garnished with chopped fresh cilantro or basil, sour cream or yogurt, sliced scallions, yellow and red bell peppers, chopped black olives, chopped fresh tomatoes, and/or grated cheddar cheese.



STEP 1: Heat the oil in a large Dutch oven over medium heat. When hot, add the onions, peppers, zucchini, garlic, cumin, oregano, chili powder, and bay leaves, and cook until tender, 10 to 15 minutes.

STEP 2: Add the beans and tomatoes with their liquid, increase the heat to high, and bring to a boil. Decrease the heat to low and cook, partially covered, for 2 hours. Serve immediately, or refrigerate up to 2 days.

Nutrition Facts

Serving Size 1 1/2 cups (518g)
Servings Per Container

Amount Per Serving	
Calories 260	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	32%
Total Carbohydrate 41g	14%
Dietary Fiber 11g	44%
Sugars 11g	
Protein 14g	
Vitamin A 25% • Vitamin C 110%	
Calcium 6% • Iron 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4