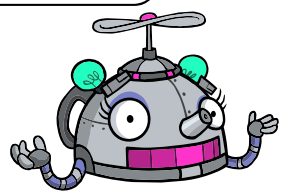
# SHOPPING LIST

## Bean Chili

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

First, check off the items you already have at home.



CUT

CUT

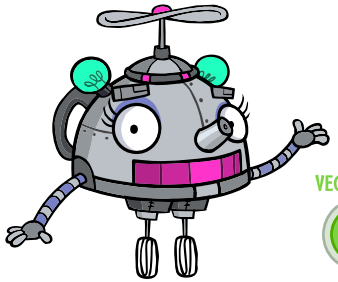
CUT

Mixiebot presents **DINNER**

PBS KIDS GO!

FIZZY'S LUNCH LAB

# Bean Chili



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

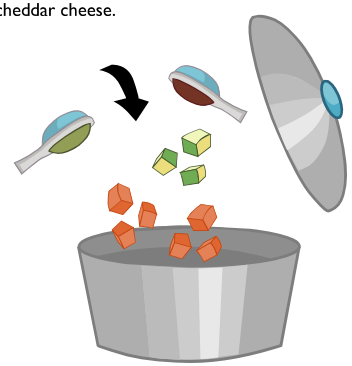
## YOU WILL NEED

- **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.

The PBS KIDS GO! logo is a registered mark of PBS and is used with permission
pbskidsgo.org/lunchlab © 2010 Lunch Lab, LLC

## 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