

### CHILI (serves 4)

- 1 (14.5 ounce) can diced tomatoes
  - 1 (15 ounce) can pinto beans
  - 1 small onion
  - 2 tablespoons chili powder
  - 1 tablespoon cumin
  - 1 tablespoon oregano
  - 1 tablespoon salt
  - 1 tablespoon olive oil
  - 1 pound ground turkey (you can also use ground beef)
  - 2 tablespoons tomato paste (buy the tube if you don't have an immediate need for the rest of the can)
  - 1 - 1 1/2 cups chicken broth
1. Open the cans of tomatoes and beans.
  2. Drain the beans into a strainer over the sink. Then, set the strainer over a bowl.
  3. Slice the onion in half through the root. Then peel both halves. Then, we will dice the onion.
  4. In a small bowl, measure out the spices, and whisk to combine.
  5. Add oil to a large pot over medium heat. Add onion and cook until soft, but not quite translucent. Add turkey and cook until no longer pink, breaking into crumbles as it cooks. Sprinkle seasoning on top of the meat and stir to coat. Cook for 1 more minute. Then, add tomato paste and stir, then add diced tomatoes, beans, and 1 cup chicken broth. Add more chicken broth if you want it to be more "brothy". Heat through and simmer for 15 minutes. Add salt to taste.

### CORN BREAD MUFFINS (makes 12)

(you can also make this in a 9x9 pan)

- 1 cup yellow cornmeal
  - 1 cup all-purpose flour
  - 1/3 cup sugar
  - 1 teaspoons baking powder
  - 1 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1 large egg
  - 1/4 cup vegetable oil
  - 1 cup buttermilk (in a pinch you can use 3/4 cup sour cream + 1/4 cup milk or water)
1. Preheat the oven to 400°F. Line a 12-cup muffin tin or grease a 9x9 pan.
  2. In a large bowl, whisk together all of the dry ingredients.
  3. Then, crack the eggs into a medium-sized bowl, remove any shells, and whisk to combine. Add buttermilk and whisk to a uniform color.
  4. Quickly but gently fold the liquid mixture into the dry mixture. It will be runny, like a pancake batter.
  5. Divide the batter among the muffin cups. It's helpful to use an ice cream scooper so that each cavity has the same quantity. Bake for 15-18 minutes, or until the top is golden and the toothpick comes out somewhat clean. Let cool for 5 to 10 minutes. Serve warm with honey butter.

### HONEY BUTTER

- 2 tablespoons butter, at room temperature
- 1 tablespoon honey
- In a small bowl, whip honey and butter together using a small spatula



2023  
VIRTUAL CLASSES  
CHILI & CORNBREAD

## INGREDIENTS

(all of the recipes can easily be doubled)

- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can pinto beans
- 1 small onion
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon oregano
- 1 tablespoon salt
- 1 tablespoon olive oil
- 1 pound ground turkey (you can also use ground beef)
- 2 tablespoons tomato paste (buy the tube if you don't have an immediate need for the rest of the can)
- 1 - 1 1/2 cups chicken broth
- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 1/3 cup sugar
- 1 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large egg
- 1/4 cup vegetable oil
- 1 cup buttermilk (if you don't have buttermilk, you could use 3/4 cup sour cream + 1/4 cup milk/water)
- 2 tablespoons butter
- 1 tablespoon honey

## EQUIPMENT

- can opener
- strainer
- cutting board
- sharp knife (or kid-safe)
- measuring spoons
- liquid measuring cup
- dry measuring cups
- bowls: 2 small for spices/honey butter, 1 medium sized for liquid ingredients, 1 large sized for mixing batter
- small whisk (a fork will do)
- wooden spoon or heat safe spatula, whisk, and one more spatula
- medium sized pot with lid
- knife/fork/spoons
- muffin tin with liners OR 9x9 pan with cooking spray or grease
- ice cream scoop or 2 large spoons for scooping batter into muffin tins (if using)
- hot pads

## NOTES

- We will be using both the oven (corn bread) and the stove (chili) for these recipes.
- Set out all ingredients, but do not measure anything.