



# Bean Chili

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
3	onions, minced	3
6 cloves	garlic, minced	6 cloves
4	red peppers, diced	4
4	carrots, diced	4
6 stalks	celery, diced	6 stalks
4 cups	kidney beans, cooked <b>OR</b> canned beans, rinsed and drained	1 L
4 cups	chickpeas, cooked <b>OR</b> canned chickpeas, rinsed and drained	1 L
4 cups	black beans, cooked <b>OR</b> canned beans, rinsed and drained	1 L
4 (28 oz) cans	low sodium tomatoes, crushed or diced	4 (796 mL) cans
2 (6 oz) cans	tomato paste	2 (170 mL) cans
4 cups	corn, frozen whole kernel	1 L
3 tbsp	chili powder	45 mL
2 tsp	cumin, ground	10 mL
1 tsp	salt	5 mL
8 cups (2 lbs)	cheddar cheese, grated	2 L (950g)

## Instructions

1. Heat oil in a large pot over medium – high heat. Add onion and cook until soft.
2. Add garlic and cook for 2 minutes
3. Add red pepper, celery, and carrots and cook until tender (approx. 10 minutes).
4. Add tomatoes, tomato paste, beans, corn, chili powder, cumin, and salt.
5. Simmer for 30 – 45 minutes
6. Sprinkle with grated cheese before serving.

*Note:* Nutrition Information is on page 2.

<b>Nutrition Information</b>
Serving 190 g (150 mL)
<b>Calories</b> 190
<b>Fat</b> 8 g
Saturated 4 g
+ Trans 0 g
<b>Sodium</b> 280 mg
<b>Carbohydrates</b> 20 g
Fibre 4 g
Sugars 5 g
<b>Protein</b> 9 g
Calcium 200 mg
Iron 1.5 mg

<b>Food Guide Servings</b>
1 Vegetable & Fruit
½ Milk & Alternative
½ Meat & Alternative