

Cooking Collaborative @ HPU

FARMERS MARKET THREE BEAN CHILI WITH CORNBREAD

THREE BEAN CHILI INGREDIENTS

- 3/4 tsp Olive Oil
- 3/4 cup Diced Yellow Onion
- 1/2 cup Seeded and Diced Green Pepper
- 1 tbsp Minced Garlic
- 2 tbsp Dark Chili Powder
- 1/2 tsp Ground Cumin
- 1/4 tsp Ground Black Pepper
- 3.5 cups Canned Diced Tomatoes
- 1/2 cup Fresh Corn Kernels
- 1/2 cup Drained and Rinsed Kidney Beans
- 1/2 cup Drained and Rinsed Great Northern Beans
- 1/2 cup Drained and Rinsed Black Beans
- 1 tsp Kosher Salt

THREE BEAN CHILI DIRECTIONS

- In stockpot over medium-high heat, heat oil. Add onion, green pepper, garlic, chili powder, cumin and black pepper. Saute until onion is translucent, 3 to 5 minutes.
- Add diced tomatoes, beans and corn. Bring to a boil. Reduce heat. Simmer 30 minutes.

CORNBREAD INGREDIENTS

- 1 cup All Purpose Flour
- 1 cup Yellow Cornmeal
- 2/3 cup White Sugar
- 1 tsp Salt
- 1 tbsp & 1/2 tsp Baking Powder
- 1 Egg
- 1 cup Milk
- 1/3 cup Vegetable Oil

CORNBREAD DIRECTIONS

- Preheat oven to 400 degrees F (200 degrees C). Spray or lightly grease a 9 inch round cake pan.
- In a large bowl, combine flour, cornmeal, sugar, salt and baking powder. Stir in egg, milk and vegetable oil until well combined. Pour batter into prepared pan.
- Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the loaf comes out clean.