

# HARVEST of the MONTH at home

## Vegetable Chili



### INGREDIENTS

- 2 ½ tsp Canola oil
- ½ cup onion, diced
- ½ cup green bell pepper, diced
- ½ cup cooked pinto beans
- ½ cup cooked kidney beans
- 1 cup cooked black beans
- 1.5 Tbsp Chili powder
- 1 cup diced tomatoes
- 1 cup low-sodium chicken stock
- 1 dash Hot sauce
- ¼ cup tomato paste
- 18 orilla chips
- ¼ cup Reduced-fat cheddar cheese, shredded (1 oz)
- ¼ cup Low-fat mozzarella cheese, low moisture, part skim, shredded (1 oz)

### DIRECTIONS

1. Heat canola oil in a large pot over medium-high heat. Add onions and green peppers. Cook for 2-3 minutes or until tender. Add beans and stir to coat. Add chili powder. Stir. Cook for 1 minute for flavors to blend.
2. Add tomatoes, chicken stock, and hot sauce. Bring to a boil. Simmer uncovered for 10 minutes. Add tomato paste and mix well. Cook uncovered for an additional 10 minutes. Bring to a rolling boil for at least 15 seconds. Reduce heat to low and simmer to keep warm.
3. Combine cheddar and mozzarella cheeses (the cheese is a garnish).
4. Place ¾ cup chili in a bowl. Top with 3 chips and sprinkle with about 1 tablespoon of cheese blend. Serve hot.

Source: USDA

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## White Bean Basil Hummus



### INGREDIENTS

- 1 Can Cannellini or Northern White Beans, rinsed and drained
- 1 Cup fresh basil
- 1 small garlic clove
- juice of 1 lemon
- 2 Tbsp tahini
- 1/2 Tsp kosher salt
- 1/4 Cup olive oil

### DIRECTIONS

1. Place all ingredients in a food processor and puree until smooth.
2. Serve with vegetables, pita chips or as a sandwich spread.

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## Spanish Chickpea Stew



### INGREDIENTS

- 3 Tbsp Extra virgin olive oil
- 2 tsp Fresh garlic, minced
- 2 cups Fresh onions, peeled, diced
- 2 tsp Sweet paprika
- ½ tsp Ground cumin
- 3 cups Frozen spinach, chopped
- 2 cups Canned low-sodium garbanzo beans (chickpeas), drained, rinsed
- ¾ cup Golden raisins
- 1 cup Canned low-sodium diced tomatoes
- 1 ½ cups Low-sodium chicken stock
- 1 Tbsp Red wine vinegar
- ¼ tsp Salt
- ¼ tsp Ground black pepper

### DIRECTIONS

1. In a large pot, heat olive oil over medium heat.
2. Add garlic and cook for 1 minute. Add onions and continue to cook for 2-3 minutes until onions are translucent.
3. Mix in paprika and cumin.
4. Add spinach and cook for 7 minutes.
5. Add garbanzo beans (chickpeas), raisins, tomatoes, and chicken stock. Bring to a boil.
6. Reduce heat to low and simmer uncovered for 7-10 minutes, or until raisins are plump.
7. Add vinegar, salt, and pepper. Mix well. Serve hot.

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## Cuban Black Beans



### INGREDIENTS

- 1 pound dried black beans, picked over and rinsed
- 1 green bell pepper, quartered lengthwise
- 2 bay leaves
- 1/2 cup & 2 TB olive oil
- 1 red, 1 green and 1 yellow pepper, minced
- 1 large white onion, minced
- 1 tablespoon ground cumin
- 1 tablespoon oregano
- 1/2 cup minced garlic
- 1/4 cup tomato paste

### DIRECTIONS

1. Put the black beans, quartered green pepper and bay leaves in a large saucepan & add 8 cups of water. Bring to a boil over high heat. Reduce the heat to low, partially cover the saucepan and cook, stirring occasionally, until the beans are tender, about 2 1/2 hours. Remove and discard the green pieces and bay leaves.
2. Heat 2 TB olive oil in a large skillet. Add bell peppers & onion and cook over medium heat until soft. Stir in the cumin and oregano. In a small saucepan, cook the garlic in 1/2 cup of olive oil over low heat until golden brown.
3. When the beans are soft, add the sautéed pepper mixture, the garlic & oil and the tomato paste. Season with salt and simmer gently for 5 minutes to blend the flavors. Cover and refrigerate overnight or for up to 3 days. Reheat gently before serving with rice.

Source: Foodandwine.com