

## Healthy Kids Thunder Bay

### Family Meal video series:

### Chili, Brown Rice and Cornbread Recipes

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## Chili con carne

Serves 4

### Ingredients:

- 1 lb ground beef, lean
- 1 onion, medium dice
- 1 sweet bell pepper, medium dice
- 1 Tbsp garlic powder or 2 cloves garlic, minced
- 2-3 Tbsp chili powder
- 1 Tbsp cumin
- 1 can (796ml/28oz) chopped tomatoes plus half a can of water
- 1 can (796ml/28oz) crushed tomatoes
- 1 can (640ml/19oz) kidney beans, drained
- 1 Tbsp Brown sugar
- Salt and hot pepper sauce to taste

### Method:

1. In a large, heavy pot on medium heat, brown the beef until no pink remains; drain off fat if necessary with a spoon.
2. Add the onions and peppers and cook for a few minutes more, stirring with a wooden spoon.
3. Add garlic, chili powder and cumin and fry with the beef and vegetables for just a few minutes.
4. Finally, add the canned tomatoes, crushed tomatoes and kidney beans. Allow to simmer for at least 20 minutes, or until all the vegetables are tender.
5. Season with brown sugar, salt and hot pepper sauce.

### Variations:

**Vegetarian chili:** Add 1lb mushrooms, minced, to replace the beef. Cook down with 1 Tbsp canola oil, and then add the onion and peppers and continue on as above recipe. Add an additional can of beans or chick peas for extra protein and ½ sweet potato, diced, for flavour interest. Adjust seasoning to taste.

**Turkey chili:** Replace ground beef with ground turkey. Continue on with recipe

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## Brown rice

### Stovetop method

Serves 4

#### Ingredients:

- 1 cup long grain brown rice
- 2 ½ cups water
- 1 tsp salt

#### Method:

1. Bring water and salt to a boil in a 2-L saucepan with a tight fitting lid. Add rice, give it a quick stir, cover tightly and reduce heat to low. Set a timer for 35 minutes, and try to avoid peeking while rice is cooking!
2. When timer is up, take a look at your rice. It should be just done, or al dente, and the water should be almost fully absorbed. Look for steam holes, and check the bottom of the pan to see if there is any excess water left. If there is water left in the bottom of the pot, and your rice is cooked, simply drain off through a colander. Move rice back to the pot.
3. Turn off heat completely and allow rice to rest, covered, for an additional 10 minutes.

#### Variations:

For a nuttier flavour, try sautéing the rice in butter for a few minutes before adding boiling water. Continue the recipe as usual.

For white rice, follow the same procedure, but you may choose to rinse your rice. To do this, rinse rice in a fine mesh colander with cold water for a few minutes, swishing it around at the same time. This removes extra starch, and gives you a fluffier end product. Adjust water amount to 1 ¾ cups for rinsed rice and 2 cups for unrinsed rice.

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# Southwest Corn bread

## Ingredients:

- 2 eggs
- ¼ cup canola oil
- 1 cup buttermilk or 1 cup milk with 1 tsp vinegar
- 1 (398 ml/14oz) can cream-style corn
- 3 Tbsp of canned pickled jalapeño peppers, minced (optional)
- 1 cup cornmeal
- ¾ cup all-purpose flour
- 3 Tbsp sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt

## Method:

1. Preheat oven to 350 degrees F (175 degrees C). Grease an 8 inch square baking dish or an 8 inch round cake pan.
2. In a medium bowl, beat eggs. Mix in oil and buttermilk. Stir in the creamed corn and pickled peppers.
3. In a large bowl, whisk together cornmeal, sugar, flour, baking powder, soda, and salt.
4. Stir the egg mixture into the dry ingredients, until just combined. Pour batter into a greased pan.
5. Bake until center is set and top is golden brown, about 35 minutes. A toothpick or piece of spaghetti inserted into the centre of the cake should come out clean.
6. Enjoy warm with your chili!

## Notes from the Chef:

This bread also freezes well! Make a double batch and freeze one for a busy day.

Variation: Cheddar cheese corn bread – add one cup grated cheddar when combining the wet and dry ingredients and bake as usual.

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