

BLACK BEAN AND EGGPLANT CHILI

Culinary Intro:	Click here to enter text.
Nutrition Intro:	Try this low calorie, low fat, and high fiber chili as an alternative to meat chili.

<p>Prep Time: min Ingredients for 6 servings Each serving =1 cup Cost per serving= \$ Ingredients:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">1 cup</td> <td>Fresh eggplant cut into cubes</td> </tr> <tr> <td>1– 15 oz can</td> <td>Black beans</td> </tr> <tr> <td>1-15 oz can</td> <td>Diced tomatoes</td> </tr> <tr> <td>1/2 cup</td> <td>Onions, chopped</td> </tr> <tr> <td>4 oz can</td> <td>Diced green chiles</td> </tr> <tr> <td>2 tsp</td> <td>Paprika</td> </tr> <tr> <td>2 tsp</td> <td>Chili powder</td> </tr> <tr> <td>2 tsp</td> <td>Garlic powder</td> </tr> <tr> <td>1 tsp</td> <td>Cumin</td> </tr> <tr> <td>1 tsp</td> <td>Olive oil</td> </tr> <tr> <td>1 cup</td> <td>Water</td> </tr> <tr> <td>1 dash</td> <td>Red chili pepper flakes</td> </tr> </table> <p>Steps:</p> <ol style="list-style-type: none"> In a saucepan, sauté onions in olive oil for 5 minutes. Add eggplant, tomatoes, beans, green chiles, spices and water. Simmer for 10-15 minutes. For extra spice, top with chile flakes. Enjoy! 	1 cup	Fresh eggplant cut into cubes	1– 15 oz can	Black beans	1-15 oz can	Diced tomatoes	1/2 cup	Onions, chopped	4 oz can	Diced green chiles	2 tsp	Paprika	2 tsp	Chili powder	2 tsp	Garlic powder	1 tsp	Cumin	1 tsp	Olive oil	1 cup	Water	1 dash	Red chili pepper flakes	<p>Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> Using eggplant gives the chili a similar texture to beef chili, but increases the amount of fiber and reduces the amount of saturated fat in the dish. <p>Nutrition:</p> <ul style="list-style-type: none"> The vegetables in this dish make it flavorful and full of nutrients </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> The spices flavor the chili without adding a large quantity of salt. Make sure to purchase low sodium beans Using dried spices makes this recipe faster but doesn't result in loss of flavor. <p>Nutrition:</p> <ul style="list-style-type: none"> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">3</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> <p>Nutrition:</p> <ul style="list-style-type: none"> Black beans in the dish help increase fiber and also have lots of plant protein. </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">4</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> <p>Nutrition:</p> <ul style="list-style-type: none"> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">5</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> Using eggplant gives the chili a similar texture to beef chili, but increases the amount of fiber and reduces the amount of saturated fat in the dish. <p>Nutrition:</p> <ul style="list-style-type: none"> The vegetables in this dish make it flavorful and full of nutrients 	2	<p>Culinary:</p> <ul style="list-style-type: none"> The spices flavor the chili without adding a large quantity of salt. Make sure to purchase low sodium beans Using dried spices makes this recipe faster but doesn't result in loss of flavor. <p>Nutrition:</p> <ul style="list-style-type: none"> 	3	<p>Culinary:</p> <ul style="list-style-type: none"> <p>Nutrition:</p> <ul style="list-style-type: none"> Black beans in the dish help increase fiber and also have lots of plant protein. 	4	<p>Culinary:</p> <ul style="list-style-type: none"> <p>Nutrition:</p> <ul style="list-style-type: none"> 	5	<p>Culinary:</p> <ul style="list-style-type: none"> Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> 																																			
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Clean-up/Review comments

Culinary:

Click here to enter text.

Nutrition:

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. Large saucepan 5. 1 serving dish for final presentation 6. mise en place cups 7. 1 electric skillet 8. 1 can opener 9. 1 strainer/ sieve 10. silicone spatula 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. tasting spoons 15. paper towels 16. tablecloth 17. kitchen towel 18. gloves 19. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> • eggplant • diced tomatoes • onion • diced green chiles <p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> black beans <input type="checkbox"/> Paprika <input type="checkbox"/> Chili powder <input type="checkbox"/> Garlic powder <input type="checkbox"/> Cumin <input type="checkbox"/> Olive oil <input type="checkbox"/> Red chili pepper flakes <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Click here to enter text.
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the onion, garlic, etc. intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: 30 minutes</p>	