








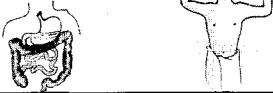






Hearty Vegetable Chili – Family Recipe

Makes: 6 – 11/2 cup servings

Ingredients:

1 tablespoon vegetable or olive oil
 1 cup chopped onion
 1 cup chopped green bell pepper
 1 cup chopped red pepper
 4 cloves garlic, minced
 28 oz. whole peeled tomatoes
 1 can (15.25 oz) kidney beans
 1 can (15.25 oz) black beans

1 cup whole-kernel corn (fresh or frozen)
 1 tablespoon chili powder
 1 ½ teaspoons leaf oregano
 ¾ teaspoon ground cumin
 1 teaspoon sea salt
 ¼ teaspoon ground black pepper
 ½ bunch cilantro, chopped

	Ingredients	Directions	Nutrient
Measure	Vegetable Oil 	Measure 1 tablespoon of vegetable or olive oil and add to a medium soup pot. Heat oil over medium-high heat.	
Chop	Onion and Garlic 	Peel and chop 1 cup of onion into small pieces. Smash, peel, and chop 4 cloves of garlic into very small pieces. Add to the soup pot, stir, and cook for 1 to 2 minutes.	Potassium 
Chop	Green and Red Bell Peppers 	Chop 1 cup each of green and red bell peppers into small pieces. Add to the soup pot and sauté until tender.	Vitamin C 
Measure	Spices 	Measure 1 tablespoon chili powder, 1½ teaspoons dried oregano, ¾ teaspoon ground cumin, 1 teaspoon salt, and ¼ teaspoon black pepper. Add to the soup pot and stir until all of the vegetables are coated with the spices.	
Drain	Black and Kidney Beans 	Open one 15.25 ounce can each of black and kidney beans. Drain and rinse. Add to the soup pot and stir until the beans are coated with the spices.	Fiber Protein 
Chop	Diced Tomatoes 	Open one 28 ounce can of whole tomatoes. Cut into bite sized pieces, add to the soup pot, and stir. Turn the heat up to high and bring the soup to a boil. Reduce the heat to low and simmer for 20 minutes.	Vitamin C 
Measure	Whole Kernel Corn 	Measure 1 cup of fresh or frozen corn. Add to the soup pot and stir. Add up to 1 cup water if the chili looks too thick. Simmer for 5 minutes.	Potassium 
Chop	Cilantro 	Chop ½ bunch of fresh cilantro. Turn off the heat on the soup pot and add the cilantro. Stir the soup and enjoy.	Vitamin A 

In Class today, we had a guest from the Flagship Foundation to teach us the
Pure Food Kids Workshop: A Recipe for Healthful Eating

- We learned:
 - How to read a food label including the advertising on the packaging, the nutrition statement and the ingredient list -

Nutrition Statement

Nutrition Facts	Amount/Serving		Amount/Serving	
		%DV*		%DV*
Serv. Size: 1oz. (28g)	Total Fat 9g	14%	Total Carb. 1g	0%
Servings: Varied	Sat. Fat 6g	30%	Dietary Fiber 0g	0%
Calories 120	<i>Trans.</i> Fat 0g		Sugars 0g	0%
Fat. Cal. 80	Cholest. 20mg	7%	Protein 7g	
<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>	Sodium 230mg	10%		
	Vitamin A 0% • Vitamin C 0% • Calcium 20% • Iron 0%			

Ingredient list

INGREDIENTS: Pasteurized milk, salt, culture, enzymes

- To understand the difference between whole and processed foods;
example: Potatoes vs potato chips
- The definition of a calorie
- To recognize common food additives, why they are used and their possible harmful effects
- How to work in a group and follow a recipe
- How to participate in the preparation of a whole-food soup
- To understand the benefits of eating healthful food

The Flagship Foundation was founded in 2004 and receives 1 % of ALL sales of Beecher's Handmade Cheese, Bennett's Pure Food Bistro and Pasta & Co. The Pure Food Kids Workshop, the primary program of the Flagship Foundation, educates people about the benefits of pure, all-natural food. It is our belief that if people have a better understanding of the sources of their food and what is in it, that they will make more nutritious eating choices. In addition, the hope is that these choices will encourage food producers and retailers to grow, make and sell food that is all-natural and nutritious.

With the growth, success and excitement our workshop has created on a statewide level our demand is now exceeding what we can provide. Our goal is to educate every 4th-6th grade student in the Pacific Northwest and expand to other parts of the country.

Please visit our website for more information on how you can help the Flagship Foundation.
Change the Way America Eats!

www.Flagshipfoundation.org

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