

## Workshop 3: Nutritious Vegetarian Dish Making with Susan and Jing



Who says vegetarians can't make great-tasting chilli, or anything for that matter without meat? I believe that it all comes down to the ingredients that are added into the mixture. Spices, garlic, onions, mushrooms, and flavour-full ingredients can really boost up a pot full of vegetables. Beans and corn add wonderful texture and beautiful colours. Besides, vegetables are yummy and full of vitamins/antioxidants. The Canadian Food Guide says that adults need 6-7 servings of fruits and vegetables as opposed to 2 servings of meat and alternatives. Beat that!

In this recipe, cornbread dumplings are introduced to the chilli. The interesting is, they can be added directly to the hot mixture, without additional baking. This can save a lot of time!

### Vegetarian Chilli w/ Cornbread Dumplings (3-5 servings)

#### Vegetarian Chilli

- ❖ 1-3/4 teaspoons vegetable oil
- ❖ 2 cloves garlic, minced
- ❖ 1 onion
- ❖ 2 carrots
- ❖ 1 tablespoon and 3/4 teaspoon chilli powder
- ❖ bag of fresh mushrooms
- ❖ 5 tomatoes
- ❖ 3/4 cup cooked black beans
- ❖ 3/4 cup cooked kidney beans
- ❖ 3/4 cup cooked pinto beans
- ❖ 15 ounce whole kernel corn (canned, frozen, whatever)
- ❖ 1-3/4 teaspoons cumin
- ❖ 2-3/4 teaspoons dried oregano
- ❖ 2-3/4 teaspoons dried basil

\*Soak the dry beans over night so it would be easier to cook the next day. On the day of making the chilli, boil the beans separately for around 30 min and take out the foam (indigestible) while it's cooking.

- 1) Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender.
- 2) Mix in the green bell pepper and red bell pepper. Season with chilli powder.
- 3) Continue cooking 5 minutes, or until peppers are tender.
- 4) Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans, kidney beans, pinto beans, and corn. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

#### Corn Bread Dumplings

- ❖ 1/2 all-purpose flour
- ❖ 1/2 yellow cornmeal
- ❖ 1 tsp baking powder
- ❖ 1/4 tsp salt
- ❖ 1/4 cup skim milk
- ❖ 2 tsp canola oil
- ❖ 1 egg

- 1) In a medium bowl, mix flour, cornmeal, baking powder and 1/4 tsp salt.
- 2) Stir milk, oil and egg just until moistened.
- 3) Drop dough by spoonfuls onto hot chilli mixture. Increase heat setting to high.
- 4) Cover, cook for 25-35 min or until toothpick inserted in center of dumpling comes clean.