

Spectacular Spiced Veggie Chocolate Chili + Herb Sour Cream Dollop + Spiced Chocolate Mugs



spectacular spiced veggie chocolate chili

mince+dice+sauté

Mince **2 cloves garlic** and **3 green onions** (both white and green parts). Dice **1 green bell pepper** and **1 large carrot**. In a large soup pot, heat **2 T olive oil**. Sauté garlic and green onions for 30 seconds. Then add diced bell pepper and carrot and sauté until soft, about 5 minutes.

measure+blend+stir+add

Measure **2 T chili powder**, **2 tsp salt**, **1 tsp ground cinnamon**, **¼ tsp black pepper**, and **½ tsp dried oregano** and add to one bowl. Blend these spices together by stirring with a spoon. Then add the spices to the sautéed veggies and stir to coat them.

add+stir+simmer+add

Add **1 can diced tomatoes**, **1 T tomato paste**, and **1 cup veggie broth** to the soup pot. Stir and bring to a boil, then reduce heat and let simmer on low heat for 10 minutes. Add more water if the chili gets too thick. Then, add **2 16-oz cans of pinto or black beans** (or one of each) and **¼ C chocolate chips** OR **1 ½ T unsweetened cocoa powder + ½ T brown sugar**. Let chocolate melt. Serve with a dollop of Herb Sour Cream!

::recipes continued::

Family Fun Recipes

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herb sour cream dollop

measure+squeeze+stir

Measure **½ C sour cream**, **¼ tsp ground coriander**, and a **pinch of salt** in a bowl. Squeeze the juice from **1 lime** into the bowl. Stir to mix it all together! Add a dollop on top of each bowl of Veggie Chocolate Chili.

spiced chocolate mugs

measure+add+simmer+enjoy!

Measure **3 oz bittersweet chocolate chips** OR **3 T unsweetened cocoa powder**, **3 T sugar/agave/honey**, **¼ tsp ground cinnamon**, **3 cups whole milk**, a **pinch of salt**, and a **pinch of cayenne pepper** and add to a sauce pot. Heat to a simmer and cook until chocolate melts. Taste! Add more milk or sugar to adjust sweetness. Let cool slightly, then pour into mugs and enjoy!

::continued::



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shopping list!

Spectacular Spiced Veggie Chocolate Chili

- | | |
|--|--|
| <input type="checkbox"/> 2 cloves garlic | <input type="checkbox"/> ½ tsp dried oregano |
| <input type="checkbox"/> 3 green onions | <input type="checkbox"/> 1 14.5 oz can diced tomatoes |
| <input type="checkbox"/> 1 green bell pepper | <input type="checkbox"/> 1 T tomato paste |
| <input type="checkbox"/> 1 large carrot | <input type="checkbox"/> 1 C veggie broth |
| <input type="checkbox"/> 2 T olive oil | <input type="checkbox"/> 2 16-oz cans pinto or black beans (or 1 of each) |
| <input type="checkbox"/> 2 T chili powder | <input type="checkbox"/> ¼ C chocolate chips OR 1 ½ T unsweetened cocoa powder + ½ T brown sugar |
| <input type="checkbox"/> 2 tsp salt | |
| <input type="checkbox"/> 1 tsp cinnamon | |
| <input type="checkbox"/> ¼ tsp black pepper | |

Herb Sour Cream Dollop

- | | |
|---|--|
| <input type="checkbox"/> ½ C sour cream | <input type="checkbox"/> Pinch salt |
| <input type="checkbox"/> ¼ tsp ground coriander | <input type="checkbox"/> Juice from 1 lime |

Spiced Chocolate Mugs

- | | | |
|--|---|---|
| <input type="checkbox"/> 3 oz bittersweet chocolate chips OR | <input type="checkbox"/> 3 T sugar/agave/ honey | <input type="checkbox"/> Pinch salt |
| 3 T unsweetened cocoa powder | <input type="checkbox"/> ¼ tsp cinnamon | <input type="checkbox"/> Pinch cayenne pepper |
| | <input type="checkbox"/> 3 cups whole milk | |

::continued::

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Let's learn about Cocoa!

The tasty secret of the cacao (kah KOW) tree was discovered 2,000 years ago in the tropical rainforests of the Americas. The history of chocolate goes way back to MesoAmerica and involves several indigenous groups of people.

Some traditional healers from Latin America still use chocolate for medicinal purposes. For example, healers in Oaxaca, Mexico, use chocolate to help cure bronchitis. They also use it to treat bee and scorpion stings.

The Olmecs of Southern Mexico were the first people to ever use cacao, dating back at least 1,000 BC. We have no written history of the Olmecs, but pots and vessels have been uncovered from this ancient civilization that show traces of a chemical unique to cacao. Olmecs drank chocolate as a bitter beverage - far from the sweet treat most of us know chocolate as today.

Dark chocolate helps your heart, blood and brain!

All the chocolate we eat comes from one rather special plant—the cacao (kah KOW) tree. These trees produce pods containing pulp-covered seeds. The seeds, once fermented and dried, are processed into chocolate.

A cacao pod contains about 30-50 almond-sized seeds—enough to make about seven milk chocolate candy bars!

Fun Facts about Chili!

- ★Chili, like Apple Pie, is an American icon. And although you may think it's Mexican, it isn't. Chili, as we know it, is not served in Mexico except for in areas that cater to tourists.
- ★In the 1880s, a market in San Antonio, Texas began setting up chili stands from which chili or Bowls o'Red, as chili was called, were sold by women known as "Chili Queens."
- ★According to What's Cooking America, the first recorded batch of chili con carne in America was made in 1731 by a group of women who had emigrated from the Spanish Canary Islands. Historians called the dish "spicy Spanish stew."

Time for a laugh!

Where do you find chili beans? **At the North Pole (of course!).**

What do you call a sheep covered in chocolate? **A Candy Baa.**

What do you call stolen cocoa? **Hot chocolate!**

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