

Lenape Blue Bread Bean Chili

February 2024
Make & Take



25 Families will be chosen to
receive free ingredients!

CONTACT CASEY ROSENBERG, RD TO SIGN UP!

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Participants must have access to internet as the Make & Take will be done virtually, sessions will be pre-recorded and sent out via email prior to pickup

Ingredients must be picked up on Wednesday, February 14th, at the SMHWC from 11:45am - 1:15pm

Sign up is Monday, January 29th - Friday, February 2nd
We will be drawing names for the virtual Make & Take.
We will contact you on Monday, February 5th if your name has been chosen.

ATTENTION:

Make & Take activities are made possible through grant funding. Pictures of your completed creations must be submitted to Casey. Pictures are part of the verification of appropriate funding use to our grantor, which allows us to continue to provide this program. Failure to do so may effect your future eligibility.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT



**SPONSORED BY THE SMHWC COMMUNITY HEALTH
DEPARTMENT WITH FUNDING FROM SNAP-ED &
SDPI GRANT**

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INGREDIENTS

- 1 TBSP OLIVE OIL
- 1 MEDIUM ONION, CHOPPED
- 1.5 LBS LEAN GROUND BEEF
- 3 CLOVES GARLIC, MINCED
- 2 HEAPING TBSP TOMATO PASTE
- 2 TBSP CHILI POWDER
- 1 TSP GROUND CUMIN
- 1 TSP SMOKED PAPRIKA
- 30 OZ OF BLUE BEANS
- 1 (28 OZ) CAN FIRE-ROASTED DICED TOMATOES WITH JUICES
- 1 (4 OZ) CAN MILD GREEN CHILIS WITH JUICES
- 1/2 RED BELL PEPPER, CHOPPED
- 1 CUP BEEF BROTH
- SALT & PEPPER TO TASTE



Ideas for chili toppings:

- SOUR CREAM OR PLAIN GREEK YOGURT
- TORTILLA STRIPS
- TOMATOES
- CHEESE (CHEDDAR OR TEX/MEX BLEND)
- AVOCADO
- ONIONS
- CILANTRO

Instructions

SOAK AND PRECOOK YOUR BEANS! SEE ATTACHED INSTRUCTIONS.

IN A LARGE POT, ADD THE OIL AND ONION AND SAUTÉ FOR 5 MINUTES.

ADD THE GROUND BEEF AND COOK IT UNTIL IT'S BROWNED, BREAKING IT UP WITH YOUR SPOON AS YOU GO. SPOON OUT AND DISCARD THE EXCESS BEEF FAT.

STIR IN THE GARLIC, TOMATO PASTE, CHILI POWDER, CUMIN, AND SMOKED PAPRIKA.

ADD THE BEANS, DICED TOMATOES, CHILIS, RED PEPPER, AND BEEF BROTH. STIR WELL.

INCREASE HEAT AND BRING THE CHILI TO A GENTLE BOIL, THEN REDUCE HEAT AND SIMMER FOR 15 MINUTES OR SO, STIRRING OCCASIONALLY. YOU CAN SIMMER IT LONGER, BUT I RECOMMEND AT LEAST 15 MINUTES.

SEASON WITH SALT & PEPPER AS NEEDED. SERVE AND TOP BOWLS AS DESIRED.