

Food

Chili - It's what's for supper!

- 1 tablespoon olive oil
- 1 medium yellow onion -diced
- 1 pound 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper* -optional
- 1 1/2 cups beef broth
- 1 (15 oz.) can petite diced tomatoes
- 1 (16 oz.) can red kidney beans, drained and rinsed
- 1 (8 oz.) can tomato sauce

Instructions

- Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
- Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
- Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
- Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
- Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
- Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving. Can top with cheese, onions, crackers, tortillas, anything that sounds good to you!

Nutrition

Serving: 1/6th of the recipe | Calories: 334kcal | Carbohydrates: 34g | Protein: 25g | Fat: 11g | Saturated Fat: 3g | Cholesterol: 49mg | Sodium: 1249mg | Potassium: 1110mg | Fiber: 9g | Sugar: 10g | Vitamin A: 1445IU | Vitamin C: 12.8mg | Calcium: 99mg | Iron: 7.5mg

Fun

Have kids go outside and find some pinecones and some pretty leaves to make a centerpiece for Thanksgiving. Maybe even turn a pinecone into a turkey!!!

Family

Over dinner talk about these ideas:

- Share something fun that you would like to do
- Tell something that you are Thankful for!
- Draw what you are eating tonight!

Food - Fun - Family
Ozark City Schools
Child Nutrition Department
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