

## Julie Renz "Bigelow Bowlers" 1st place winner

### Turkey and Bean Chili

Serves 4

1 medium Vidalia onion, chopped  
1 large green pepper, Chopped  
1 tbsp extra virgin olive oil  
2 tbsp garlic, chopped  
½ lb ground lean turkey  
1 tsp garlic powder  
2 cans of chopped tomatoes, no salt added  
1 can kidney beans  
2 tbsp tomato paste  
½ lemon  
1 small bunch parsley, minced  
2 tbsp franks red hot sweet chili sauce

The following add to taste, more or less as desired:

Chili powder (about 2 tbsp)  
Cumin (about 1 tbsp)  
Turmeric (about 1 tbsp)  
Coriander (about 1 tbsp)  
Salt (about 1 tsp)  
Cayenne pepper (about 1/8 tsp)

#### Directions:

Place the onions, peppers and garlic in a medium sauce pan over medium/low heat and cook, stirring frequently until the onions are translucent, remove from pan and set aside

Add ground turkey to pan, sprinkle with garlic powder and brown. Drain juice and add the peppers onions and garlic back to pan. Add the two cans of tomatoes with all juice. Drain and rinse the kidney beans and add to pan. Stir in the tomato paste, add a little water if too thick. Add the parsley, chili sauce, Chili powder, cumin, turmeric, coriander, salt cayenne pepper, and the juice of half a lemon, all to taste. Cover and cook over a low heat for at least half an hour. Entire mixture can alternatively move to a crock pot and cook over a low heat if desired.

**Caribbean Vegetarian Chili**

- 1 lb dried black beans, soaked and cooked ahead of time
- 2 medium onions, chopped
- ~ ½ head of garlic, chopped
- 2 tbsp organic virgin unrefined coconut oil
- 1 orange zest
- 1 orange juiced
- ½ cup additional orange juice
- 4 limes zest
- 5 limes juiced
- 2 scotch bonnet peppers or chili pepper of choice, finely diced
- ~ ¼ chili powder
- 2 bell peppers, chopped
- 2 – 28oz can diced tomatoes (used nature's promise organic)
- 4 ears fresh grilled corn

Soak and cook dried black beans ahead of time. Soak whole ears of corn for a bit and grill them turning every 5 minutes or so until they look done. Pull off the hair sticking out at the end of the ears if you want because it tends to catch on fire. If unsure if corn is done peak at the kernels to see if they look fresh and juicy. Cook onion and garlic with coconut oil in pot until transparent. Add chili pepper, chili powder, and lime/orange zest and juice to pot. Cook until simmering. Add the rest of the ingredients and simmer for at least an hour. Whenever the corn is done cut it off the cob and add to the chili. We added at the end. Season to taste especially adjusting lime and orange juice as needed.

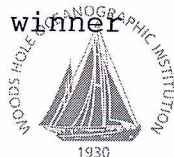
**Mango Salsa**

- 2 ripe mangos
- ½ spicy jalapeño pepper finely diced
- 1 small to medium red onion chopped
- 2 limes juiced
- Medium to large bunch of cilantro minced
- Salt to taste (doesn't need much)

Skin mango and cut into appropriately sized cubes for salsa. Mix all ingredients together in a bowl and chill. This is a rough list of ingredients. All elements can be adjusted to the chef's preference.

\* Vegetarian, low fat, low salt, low cholesterol, vegan ..... and delicious!





## WOODS HOLE OCEANOGRAPHIC INSTITUTION

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### Smoky Vegetarian Chili

- 3 Tbs Olive Oil
- 3 Cups Chopped Onion
- 2 Cups Chopped Peppers (Green, and anything you like)
- 2 Cups Chopped Celery
- 2 Cups Chopped Carrot
- 4 Tbs Cumin
- 3 Tbs Chili Powder
- 2 Tbs Coriander Powder
- 2 Whole Bulbs Chopped Garlic
- 4 Tbs Dry Oregano

#### *Sautee all of above then add*

- 2 Cans of Black Beans (Rinsed) or cook from scratch
- 2 Cans red kidney Beans (Rinsed) or cook from scratch
- 1 Jar Tomato Soforito
- 1 Lg Can Whole Tomatoes (break up)
- 1 Quart Emiril's Vegetable Stock
- 3 Knorr Veggie Cubes
- 1 Tbs Cocoa Powder
- 3 Tbs Espresso Powder
- 3/4 can or whole can Chipotle Peppers in Adobe Sauce (chop peppers)
- 5 Cups Water
- 3 cups chopped Broccoli
- 1 Bag Frozen Corn or 3 Cups Fresh
- 1 1/2 Cups Bulgur (Soaked in Hot Water and Rinsed)
- Salt to Taste
- Finish with fresh Lime Juice and Chopped Cilantro
- Makes about 8 Quarts

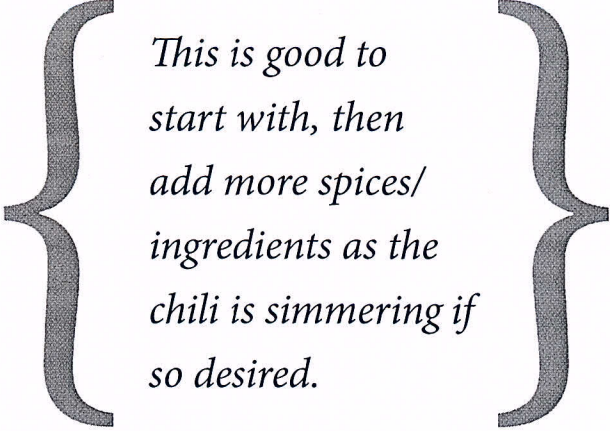
If you are in a hurry, you can buy bags of frozen vegetables chopped, works well and cuts down on a lot of time. You can even buy frozen chopped onion and peppers.

I have thrown all different kinds of vegetables in the quisinart (cauliflower, green beans, spinach, and lettuce except cabbage no good) and tossed them in the pot. Great for hiding veggies from kids.

# Turkey Thigh and Hominy Chili

## Ingredients

- 1 onion, chopped
- 1 red bell pepper, chopped
- 8 cloves garlic, minced
- 3 fresh jalapeño chili, chopped or minced
- 2 tablespoon chili powder
- 3 teaspoons dried oregano
- 3 teaspoons ground cumin
- 2 or 3 turkey thighs (about 3 lb. total)
- 1 can (15 oz.) hominy (yellow or white), drained
- 1 can (28 oz.) chopped tomatoes
- 4 fresh tomatoes, chopped



*This is good to start with, then add more spices/ ingredients as the chili is simmering if so desired.*

## Condiments

- Shredded jack cheese
- Sliced black ripe olives
- Thinly sliced green onions
- Salt and pepper to taste

## Preparation

1. In a 4 1/2-quart or larger electric slow-cooker, mix the onion, bell pepper, garlic, jalapeño, chili powder, oregano, and cumin.
2. Pull off and discard skin and fat from turkey thighs. Rinse thighs and lay on vegetables in cooker. Pour hominy and tomatoes with juice over turkey.
3. Cover and cook until turkey pulls easily from the bone, 6 to 7 hours on low, 4 to 5 hours on high. If possible, turn meat over about halfway through cooking.
4. With a slotted spoon, transfer turkey to a plate. Skim and discard any fat from cooking liquid. When turkey is cool enough to handle, in about 10 minutes, discard bones and tear meat into large chunks. Return meat and juices to cooker; cover and cook until hot, 10 to 15 minutes.
5. Spoon turkey chili into wide bowls and top as desired with cheese, olives, and green onions. Add salt and pepper to taste.

### Nutritional information

Calories: 209

Calories from fat: 21%

Protein: 22g

Fat: 4.8g

Saturated fat: 1.4g

Carbohydrate: 19g

Fiber: 3g

Sodium: 359mg

Cholesterol: 73mg

Kim Grodzki "Loose Cannons"

# VEGETARIAN FIREHOUSE CHILI

## **Ingredients**

- (1) 28 oz. can crushed tomatoes
- (1) 14.5 oz. can fire roasted, diced tomatoes (such as Hunt's)
- (1) 10 oz. can Ro-Tel diced tomatoes with green chilies
- (1) 6 oz. can tomato paste
- (1) 15 oz. can tomato sauce
- (2) 16 oz. cans red kidney beans
- (1) 11 oz. can corn niblets
- (1) 4 oz. can Ortega fire roasted green chilies
- (1) fresh jalapeno, seeds removed and minced
- (1) 12 oz. pkg. Smart Ground vegetable protein (found in refrigerated produce section)
- (1) Tbsp. minced garlic
- (1) small diced zucchini
- ½ red bell pepper, diced
- (1-1/2) tsp. Goya Adobo all-purpose seasoning powder
- 1 tsp. chili powder
- ¾ tsp. cayenne pepper
- 1-1/2 tsp. salt
- 1 tsp. black pepper
- 1 tsp. cumin
- Crumbled tortilla chips
- Shredded Mexican cheese or Veggie Shreds cheese

## **Directions**

In a large crockpot combine all items at the same time. With a large spoon break up the Smart Ground into crumbles. Turn crockpot on high for one hour and then turn to low for two more hours.

Serve with crushed tortilla chips and shredded Mexican cheese on top.

**Black Bean Sweet Potato Chili**

serves 6

2 tablespoons olive oil

2 cups finely chopped onions

2 tablespoons minced fresh ginger

2 teaspoons chili powder

1 1/2 teaspoons ground cumin

1 1/2 pounds red-skinned sweet potatoes (yams; about 2 medium), peeled, cut into 1/2-inch pieces

1 cup orange juice

1 cup broth or water

2 tablespoons minced garlic

2 15- to 16-ounce cans black beans, rinsed & drained

1 can chopped tomatoes

2 poblano chilies, seeded, chopped (optional)

1 red bell pepper, chopped (optional)

Optional garnishes:

plain yogurt

Orange wedges

**Preparation:** Heat oil in heavy large pot over medium heat. Add onions and sauté until tender, about 10 minutes. Add ginger, chili powder and cumin and stir 2 minutes. Add sweet potatoes, orange juice, broth and garlic and bring to boil. Reduce heat, cover and simmer until sweet potatoes are almost tender, about 10 minutes. Stir beans, tomatoes, (poblano chilies and bell pepper if desired) into sweet potato mixture. Cover and simmer until chilies are tender, about 15 minutes longer. Season to taste with salt and pepper.

Can be made 6 hours ahead. Cover and refrigerate. Rewarm over low heat before continuing, stirring occasionally.

# Healthy Chili

## Nutritional Information - Amount per serving (approx.)

- Calories: 278
- Calories from fat: 25%
- Fat: 7.7 g
  - Saturated fat: 3.4 g
  - Monounsaturated fat: 2.2 g
  - Polyunsaturated fat: 0.6 g
- Protein: 33.1 g
- Carbohydrate: 20.3 g
- Fiber: 4.5 g
- Cholesterol: 52 mg
- Iron: 3.2 mg
- Sodium: 623 mg
- Calcium: 123 mg

## Ingredients

- 1 bacon slice
- 2 1/4 cups finely chopped onion, divided (about 2 medium)
- 1 green pepper finely chopped
- 4 garlic cloves, minced
- 1 pound coarsely ground turkey breast
- 1/2 pound coarsely ground sirloin
- 1 (12-ounce) can beer (such as Budweiser)
- 4 tablespoons chili powder
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cumin
- 1 (14 1/2-ounce) can diced tomatoes, undrained
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1/2 cup (2 ounces) reduced-fat shredded cheddar cheese

## Preparation

1. Cook bacon in a large Dutch oven over medium heat 5 minutes or until browned. Remove bacon and place on paper towel to cool. Stir in 2 cups onion plus pepper; cover and cook until onion and pepper are tender (about 5 minutes). Uncover, crumble bacon over mixture, and stir in garlic; cook for 1 minute.
2. Increase heat to medium-high; add turkey and sirloin to pan. Cook 5 minutes or until browned, stirring to crumble. Add beer; cook over medium high heat until liquid is reduced to 1/2 its original volume. Stir in chili powder and next 5 ingredients (through tomato sauce). Cover, reduce heat, and simmer 30 minutes or until mixture thickens. Stir in beans; cook 10 minutes or until thoroughly heated. Ladle 1 cup chili into each of 6 bowls. Top each serving with 4 teaspoons cheese and 2 teaspoons onion.

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## Recipe for: Cincinnati Style Chili

From the kitchen of: With Ground Bison

Ingredients: • Cooking Spray

- 1 Large Onion, Chopped
- 1 Large Green pepper, Chopped
- 1 1/2 TBS Minced Garlic
- 1/4 tsp dried red pepper flakes (crushed)
- 2 TBS Chili powder
- 4 TBS tomato paste
- 2 tsp ground Cumin
- 2 tsp Dried Oregano
- 1/2 tsp ground Cinnamon
- 1/4 tsp ground Allspice
- 1 Cup Fatfree - less Sodium Chicken broth
- 1 18 <sup>oz</sup> Package <sup>lb</sup> Ground <sup>lb</sup> Bison <sup>Serves:</sup>

Barbara Costello "Loose Cannons"

- 1 15oz Can dark red Kidney Beans - drain & rinse
- 2 14.5oz Cans diced tomatoes undrained
- 1 10z Square Semi-Sweet Chocolate Chopped

Spray Lg dutch oven & saute pepper flakes, onion, peppers, garlic till limp, Add Bison & brown through. Add spices and tomato paste cook 2 minutes, Add broth, beans, tomatoes, chocolate - bring to boil, Simmer 20 minutes.

Serving Suggestions for Cincinnati Style <sup>1</sup> (add few chopped onions and shredded Sharp Cheddar Cheese on top) - <sup>2</sup> (Serve Chili on top of Spaghetti - then top with onions + cheese)  
8 Servings - about 1 1/2 Cups each

## **Vegetarian Black Bean Sweet Potato Chili**

Makes one gallon

3 dried guajillo chilies (can substitute poblano or any other mild, dried chile)  
4 Tbs. olive oil  
3 medium yellow onions, diced  
9 cloves garlic, chopped fine  
2 sweet potatoes, peeled and diced  
3 28-oz cans crushed tomatoes, or whole tomatoes crushed by hand  
3 15-oz cans of beans (mix of black, pinto and/or kidney)  
1 Tbs. whole cumin, ground coarsely  
2 tsp. ground ancho chili  
2 tsp. smoked paprika  
1 Tbs. cocoa  
2 tsp. dried oregano  
1½ tsp. ground dried sage  
¼ tsp. crushed chipotle or red chili flakes (or more to taste)  
2 tsp. salt  
1 tsp. fresh ground black pepper

Boil some water. Cut chilies with scissors into small pieces. Put pieces in small bowl and add enough hot water to cover—about one cup. Let chilies sit for about 20 minutes until soft.

Heat olive oil and sauté onions on med-high heat until translucent.  
Add garlic and heat for another one or two minutes.  
Add cumin and sweet potato. Stir to toast cumin, approximately two minutes.  
Add tomatoes, beans, peppers and soaking liquid.  
Bring mixture to boil.  
Add remaining spices and cook until potatoes are tender.