

Lesson 3B Crazy Cool Chili for the Whole Crowd

Materials Required:

- Measuring tools
- Large serving spoon
- Small serving spoon for cheese
- 1 large microwave safe bowl
- Bowls and spoons
- Napkins
- Cleaning supplies

- 1) Wash hands, ensure *mise en place*, and start recipe

Recipe:

Ingredients: Beef crumbles, fiesta beans, small green pepper, small white onion, canned diced tomatoes, tomato paste, water, chili powder, cumin, oregano, pepper, shredded cheese

1. Rinse and drain 6 cups fiesta beans and set aside
2. Chop 1 small green pepper and 1 small white onion
3. Cook 3 cups beef crumbles in large microwave safe bowl
4. Add 30oz canned diced tomatoes, 6oz canned tomato paste, 1 cup water, 6 TBSP chili powder, 2 TSP cumin, 1 TSP oregano, and ½ TSP pepper to beef
5. Cover and microwave for 4-5 min, stirring half way

Note: Teacher may want to discuss herbs and spices while chili is cooking

6. Top individual bowls of chili with 2 TBSP shredded cheese

- 2) Quick Review: Culinary Skill: Using Herbs and Spices in Cooking

Explain different ways to use herbs and spices to food during cooking [TEACHER may want to save this part for use while waiting for chili to cook.].

- a. How to prep herbs:

- i. Many fresh herbs come as sprigs, like cilantro, that have long stems with leaves still attached. If the stem is tender, you can chop it with the leaves.
- ii. If the stem is tough or woody, like with rosemary, strip the leaves off of the stem and discard the stem.

- b. Timing of when to add to foods:

- i. Spices should be added during cooking.
- ii. Delicate herbs, like basil, should be added at the end of cooking.
- iii. Herbs with tough or woody stems may be added during cooking.

- c. General rule of thumb for conversions

- i. When using dried instead of fresh herbs, use 1/3 as much since the dried form will be stronger than fresh.
- ii. Practice: if a recipe asks for 1 Tbsp. of fresh oregano, use 1 tsp. of dried (1 Tbsp. = 3 tsp).

3) Clean Up

Optional activities for this lesson (see back of booklet):

- Stirring Up Spices Smelling Activity
- Video: The Science of Spiciness
- Physical Activity: Activity Cube