

Easy Vegetarian Chili



Ready in 45 minutes

Serves 6-8 people

<https://www.loveandlemons.com/vegetarian-chili-recipe/>

Do not plug hot plates into the same outlet or same extension cord

Add more seasonings to taste if needed

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 1 bell pepper, diced
- 1 (14-ounce) can diced tomatoes, drained well
- 1 (14-ounce) can kidney beans, drained and rinsed
- 1 (14-ounce) can black beans, drained and rinsed
- 1/2 cup water or veggie broth
- 1-2 tsp chili powder
- 1 cup corn (1/2 can, optional)

- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 tablespoon lemon juice

Toppings (optional)

- Greek yogurt or sour cream
- Chili Flakes
- Cilantro or Parsley
- Shredded Cheese

Preparation

- Heat the oil in a large pot over medium heat. Add the onion, a few pinches of salt and pepper, and stir. Cook until the onion is translucent, 5 minutes, then add garlic and bell pepper. Stir and cook until soft, 5 to 8 minutes, turning the heat down as needed.
- Add the tomatoes, beans, water, chili powder, corn, salt, and a few grinds of pepper. Cover, reduce the heat to low, and simmer for 25 minutes, stirring occasionally, until the chili has thickened.
- Stir in the lemon juice and season to taste. Serve with desired toppings.

****Please taste before adding too much spice. You can add more, but not take away spices!****

Buttermilk Cornbread Muffins



Ready in 25 minutes

Makes 12 muffins

<https://www.thespruceeats.com/cornbread-muffin-recipe-3054141>

Make 2 batches

Ingredients

- 1 cup flour
- 1 1/2 cups yellow cornmeal
- 2 tablespoons sugar (more or less, to taste)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups buttermilk
- 1 large egg
- 4 tablespoons butter or margarine (melted and cooled)

Preparation

- Grease a 12-cup muffin pan. Heat oven to 400 F.
- In a bowl, combine the flour, cornmeal, sugar, baking powder, baking soda, and salt.
- In a separate bowl, whisk together buttermilk, egg, and butter.
 - Tip: Use a fork if you don't have a whisk!
- Pour dry mixture into the wet ingredients and stir just until moistened.
- Fill muffin cups about 2/3 full.
- Bake for 13 to 15 minutes, until the muffins begin to brown on top.
- Test doneness with a fork. The fork should come out clean when put into the middle of the muffin

Key Skills:

Baking! Measuring ingredients precisely, whisking incorporating wet and dry ingredients together, using oven, testing doneness of baked goods.