

Chili

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| 2 tsp. Canola oil | 1 tbs. Chili powder |
| 1 lb. ground beef or ground turkey | 1 tsp ground cumin |
| 1 red bell pepper | 1 tsp. salt |
| 2 garlic cloves, minced | 1 tsp. dried oregano |
| 1 onion, chopped | 2 tbs. About of tomato paste |
| 1 (15.5 -ounce) can red kidney beans | ¼ cup water |
| garnish | 3 scallions, thinly sliced for |
| 1 jalapeno pepper, seeded and finely chopped | 1 (14 ½-ounce) can fire-roasted crushed tomatoes |

1. Heat the oil in a large nonstick skillet or (I use a 3.5 qt. saucepan) set over medium heat. Add the meat and cook, breaking it up with a wooden spoon, until no longer pink, about 6 minutes. Add the bell pepper, onion, and garlic, cooking until softened.
2. Stir in the tomatoes, water, jalapeno peppers, chili powder, cumin, salt and oregano. Bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, 30 minutes. Stir in the beans and cook until heated through, about 5 minutes.
3. Serve garnished with sliced scallions on top.
4. Serve with rice or cornbread!

Cornbread

1/2 cup brown sugar
1 tbl. Baking powder
1/3 cup maple syrup
1 cup cornmeal
3/4 tsp. salt
3 tbls. Vegetable oil
1 1/2 cups soy milk
2 cups flour
2 eggs

1. Heat oven to 425 degrees. Line and grease a 9x9 baking pan or grease a cast iron skillet. If using a cast iron skillet preheat in the oven so that when it is time to put the batter in the skillet, it is already hot.
2. Mix sugar and syrup in a bowl. Beat in eggs, pour flour, baking powder and salt over egg mixture. Pour cornmeal and beat briskly until blended.
3. Pour into prepared pan and spread evenly.
4. Bake 20-25 minutes, until golden brown.
5. Let cool in pan about 10 min before cutting.