

Meals from the Heart

Beef Chili

Servings | 45

Ingredients

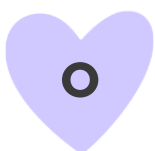
1/2 cup	cooking oil
10 lbs.	lean ground beef
6	onions, chopped
6	green bell peppers, chopped
1 cup	chili powder
2 tbsp .	salt
2 tbsp .	ground black pepper
1/2 cup	cumin
1/2 cup	garlic powder
1/2 cup	tomato paste
10 cans (15 oz. ea)	red kidney beans; *drain ALL BUT 2*
8 cans (28 oz. ea)	diced tomatoes *drain 4*

Suggested toppings:

- green onions
- cheddar cheese
- sour cream

Directions

- You will need to split the recipe between two separate large pots. ***Anytime an ingredient is added, it will be divided across the two pots***
- Add the oil to the pots on high heat. Add onions and cook for 5 minutes, stirring occasionally.
- Add the beef and peppers. Cook for 8 minutes or until the beef is browned, stirring frequently to break up the meat.
- Add the spices and tomato paste. Stir well until combined, and cook for another 5 minutes, stirring occasionally.
- Add the tomatoes and beans (beans: 4 drained, 1 undrained per pot; tomatoes: 2 drained, 2 undrained per pot).
- If liquid does not cover solids in the pot, add *just* enough vegetable stock to cover. Bring the pots to a low boil, then reduce the heat to gently simmer the chili uncovered for 20–25 minutes, stirring occasionally. Add additional seasoning as needed.
- Remove the pot from the heat. Let the chili rest for 5–10 minutes before serving.



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Meals from the Heart

Vegetarian Chili

Servings | 20

Ingredients

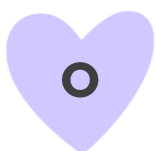
3 tbsp.	canola/vegetable oil
2	yellow onions, chopped
3 tbsp.	tomato paste
2 tbsp.	chili powder
4 tbsp.	garlic powder
4 tbsp.	cumin
3	green bell peppers, chopped
3	carrots, peeled and diced
5	celery ribs, diced
4 cans (28 oz. ea)	diced tomatoes with liquid
3 cans (15 oz. ea)	red kidney beans, drained
2 cans (15 oz. ea)	white beans, with liquid
24 oz.	frozen corn kernels

Suggested toppings:

- Green onions
- Cheddar cheese
- Sour cream

Directions

- Heat the oil in a medium pot over medium-high heat. Add the onion. Cook for 5 minutes, stirring occasionally.
- Add the tomato paste and spices and sauté for one more minute.
- Add the peppers, carrots, and celery and cook for 5 minutes or until they start to soften.
- Add the tomatoes and bring to a simmer. Once it starts to simmer, reduce the heat to medium-low. Keep the chili at a low simmer with the lid off.
- Continue to cook the chili, stirring occasionally for 20 minutes. Add beans and corn and let the chili return to a simmer. Cook for 5 more minutes or until the corn and beans have heated through.
- Serve in the pot or in a steam tray with toppings on the side.



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Meals from the Heart

Cornbread

Servings | 40

Ingredients

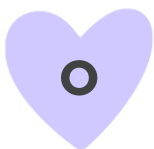
Homemade Recipe

8 cups	yellow cornmeal
8 cups	all-purpose flour
2 cups	sugar
2/3 cup	baking powder
4 tsp.	salt
8 cups	milk
8	eggs
2 cups	cooking oil

4 boxes Please feel free to
use a box mix if you
prefer!

Directions

- Preheat the oven to 425 degrees and coat the inside of several baking dishes or muffin tins.
- In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until evenly combined .
- In a separate bowl, whisk together the milk, egg, and oil.
- Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring; it's okay if there are a few lumps.
- Pour the batter in to the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown. Cut into even pieces and serve.



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Meals from the Heart

Shopping List

Servings | 45

Please use this grocery list to plan for your meal!

We will supply the following ingredients: oil, flour, butter, salt, pepper, sugar, baking soda/powder, eggs, vinegar (apple cider and balsamic) and all of the spices found in your recipe.

10 lbs.	lean ground beef
8	medium yellow onions
9	green bell peppers
3	medium carrots
1 head	celery
24 oz.	frozen corn kernels
13 cans (15 oz. ea)	kidney beans , or tri-bean blend
2 cans (15 oz. ea)	white beans (like Navy or Great Northern)
12 cans (28 oz. ea)	diced tomatoes
1 small container	mild chili powder

Cornbread:

8 cups	yellow cornmeal
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5 lbs.	all-purpose flour
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If doing boxed cornbread:

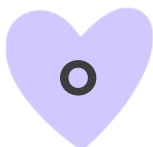
4 boxes	Boxed cornbread mix
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Suggested Chili Toppings:

Cheddar Cheese

Green Onions

Sour cream



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