

# chocolate eggplant skillet chili

## chop+measure+sauté

Have kids chop **1 eggplant, 1 onion, 1 bell pepper** and **2 zucchini**. Grownups: Add to skillet over medium high heat with **4 T olive oil**. Sauté the veggies until soft, about 5 minutes. Then have kids measure out **2 tablespoons chili powder, ½ teaspoon hot pepper sauce, 3 teaspoons salt, 1 teaspoon ground cinnamon** and **½ teaspoon garlic powder**... Add to the skillet, and cook until fragrant.

## pour

Open up **1 (15 ounce) can tomato sauce, 6 ounces tomato paste** and **2 (16 ounce) cans (drained) pinto beans**. Cook over low heat, stirring occasionally, until desired consistency, for at least 20 minutes [and up to 2 hours for best flavor].

## serve

Just before serving, stir in **½ dark chocolate chips, ½ cup of frozen (thawed) sweet corn**. Top with **shredded cheese, green onions** and **sour cream**.



### Chili History:

Chili, like Apple Pie, is an American icon. And although you may think it is Mexican, it isn't. Chili, as we know it, is not served in Mexico except for areas that cater to tourists. Chili was invented in Texas. There are various twists and turns in the history of Chili and various stories. For example, one story told is that Chili was invented by chuck wagon cooks who traveled along with the cowboys on long cattle drives across the rugged hills and deserts of the great Southwest. The story goes that, as they traveled in one direction, the cooks planted oregano, chiles, and onions among patches of mesquite to give them protection from extreme sun, foraging cattle, and other critters. Then, on their way back along the same trail, they would collect the spices, combine them with chopped beef and call it "Trail Stew" or "Trail Drive Chili."

**Where do you find chili beans?** At the North Pole [of course!].

**There was a man who grabbed a bowl and a spoon and RAN outside.** Then one of his friends came over and saw him. The friend asked him why he had a bowl and a spoon outside. **"BECAUSE THE WEATHERMAN SAID.... IT IS CHILI TODAY"**

[continued]



Mixing & Measuring & Knife Skills, Oh My!

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# carrot cornbread muffins

## dry measure

Pre-heat oven to 375 degrees. Have kids measure out  $\frac{3}{4}$  cup all-purpose flour, 1- $\frac{1}{2}$  teaspoons baking powder and  $\frac{1}{2}$  cup yellow cornmeal into a medium bowl – Mix together. Set to the side.

## wet measure

In a medium bowl, have kids measure out 1 cup milk (substitute soy, almond or rice milk),  $\frac{1}{3}$  cup of honey, 1 stick of softened butter, and 1 cup fresh grated carrots. Mix together and set to the side.

## crack+grate

Crack 2 eggs and separate the yolk from the white. Add the egg yolks to the wet bowl (or substitute 1 cup of silken tofu in place of the eggs). Cut 1 lime in half and squeeze the juice into the wet bowl.

## mx+bake

Mix the wet and dry bowl together and mix just enough to combined... It should look nice and orange! Don't over mix! Pour the muffin batter half way up in paper lined muffin tins. Bake for 20 to 30 minutes or until golden brown and a toothpick comes out clean when stuck in the center of a muffin. Eat these yummy carrot cornbread muffins with your skillet veggie chili--**MUY DELICIOUSO!**

## fun food facts:

### Eggplants!:

- ★ The eggplant is considered a vegetable but is botanically a fruit and is really a berry.
- ★ Early varieties of eggplant were smaller and white, they resembled goose or hen's eggs, hence the name.
- ★ India as the motherland of the eggplant
- ★ Eggplant is related to potatoes, tomatoes, peppers and tobacco
- ★ Experimental botanist Thomas Jefferson brought the eggplant to the United States, where the eggplant was primarily used as a table ornament until the 20th century. It was thought to be poisonous.
- ★ Eggplant is good for you! It helps to block the formation of free radicals and is also a source of folic acid, fiber and potassium
- ★ When buying eggplant, look for one uniformly smooth and colored, without bruises. Squeeze the eggplant gently with a finger and then let go: The eggplant will bounce back again smoothly again if it is fresh. The eggplant should feel heavy. Store eggplant in the refrigerator

**Where do chickens grow?** On egg-plants! [where else!]

**What kind of vegetable likes to go somewhere to look at lots of different animals?**

A zoo-chini!



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