

Name \_\_\_\_\_

## Recipe Reading - Recipe Cards



### Ingredients:

- 1 pound ground beef or ground turkey
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) diced tomatoes
- 1 can (6 ounces) tomato paste
- 2 cups beef broth or vegetable broth
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper (optional)

### Directions

1. In a large pot or Dutch oven, cook the ground beef or turkey over medium-high heat until browned. Break it into smaller pieces with a spoon as it cooks. Drain any excess fat.
2. Add chopped onions, green bell pepper, and minced garlic to the cooked meat. Cook for about 5 minutes, or until the vegetables are softened.
3. Stir in the kidney beans, black beans, diced tomatoes, and tomato paste. Mix everything together.
4. Pour in the beef or vegetable broth and stir well.
5. Season the chili with chili powder, ground cumin, paprika, dried oregano, cayenne pepper, salt, and black pepper. Adjust the amount of cayenne pepper to your desired level of spiciness.
6. Bring the chili to a boil, then reduce the heat to low. Cover the pot and let it simmer for at least 30 minutes, stirring occasionally.
7. Taste the chili and adjust the seasoning if needed. If you prefer a thicker chili, you can let it simmer longer, uncovered, until it reaches your desired thickness.
8. Serve the chili hot, garnished with your choice of shredded cheese, sour cream, chopped green onions, chopped cilantro, or sliced jalapeños.

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### Chili Multiple Choice Questions

1. What are the optional toppings you can add to the chili before serving?
2. How long should you cook the ground beef or turkey in step 1?
3. What type of beans are used in this chili recipe?
4. How do you adjust the spiciness of the chili?
5. What is the purpose of tomato paste in this recipe?
6. How long should the chili simmer in step 6 for optimal flavor?