

RECIPE #4:

FAMILY MEALS ARE EASIER WHEN YOU PLAN AHEAD



- ✓ Pick two recipes you really want to make and pick two recipes that are simple and quick. Be sure to make a shopping list.
- ✓ Write down the recipes you plan to make for the week. Include the page number and name of the cookbook, or the website or app.
- ✓ Cook large enough batches to have leftovers on another night.
- ✓ Include 1-2 foods with each meal that everyone likes (such as: sliced cucumbers, carrot sticks, bread, or cheese slices).
- ✓ Do some prep on the weekend. For example, cook the dry beans in an instant pot or slow cooker, prepare the fresh salsa, or precut the vegetables.
- ✓ Save time by keeping a grocery list going during the week. Any family member can record what you've run out of, or make a note to suggest upcoming meals.

WHITE BEAN CHILI

Recipe Source: Chop Chop Family

Hands-on time: 20 minutes; Total time: 1 hour; Makes: 8 cups

INGREDIENTS

- 1 tablespoon vegetable or olive oil
- 1 large onion, peeled and chopped
- 3 garlic cloves, peeled and minced
- 1 bell pepper (any color), cored, seeds and white ribs removed, and cubed
- 1 large or 2 small zucchini, trimmed and cubed
- 2 teaspoons to 2 tablespoons chili powder (depending on how spicy you like it)
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon kosher salt
- 2 (15-ounce) cans low-sodium small white beans (such as navy or Great Northern), drained and rinsed
- 2 to 4 cups low-sodium chicken or vegetable stock (depending on whether you like it thicker or soupier)
- 2 cups chopped or shredded cooked chicken, from a rotisserie chicken or home-cooked
- 1 cup frozen or fresh corn kernels

INSTRUCTIONS

1. Put the pot on the stove and turn the heat to medium. When the pot is hot, add the oil.
2. Add the onion, garlic (fresh or powder), bell pepper, zucchini, chili powder, oregano, cumin, and salt and cook on low heat until the onion is very soft, about 20 minutes. Stir from time to time.
3. Add the beans, stock, and chicken, cover and cook 15 minutes.
4. Remove the lid, add the corn and cook until somewhat thickened, about 10 minutes. Now taste the chili. Does it need more spices? If so, add some, then taste again.
5. Garnish and serve right away, or cover and refrigerate up to 3 days.

Garnish (use any or all): chopped cilantro, scallion, crushed red pepper flakes, shredded cheddar cheese, wedge of lime.

Serving vegetarians? Skip the chicken and add an extra can of white beans.

