



Prep time: 1 hour

Ingredients:

- ¾ cup onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon olive oil
- 2 tablespoons chili powder
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon cumin
- 1½ cups zucchini, finely chopped
- ½ cup yellow squash, finely chopped
- 1 cup carrots, finely chopped
- 42 ounces canned diced tomatoes
- 1 can (16 ounces) light red kidney beans, drained
- 2 cans (16 ounces) dark red kidney beans, drained
- 8 ounces soy cheddar cheese

Utensils:

- oven (you'll need help from your adult assistant)
- knife (you'll need help from your adult assistant)
- heatproof spatula or large wooden spoon
- large stockpot
- measuring spoons

Directions:

1. In a large stockpot, sauté onion and garlic in olive oil. Cook until soft (several minutes).
2. Add chili powder, basil, oregano, and cumin to the stockpot and mix.
3. Stir in zucchini, squash, and carrots and blend well. Cook for 1 to 2 minutes over low heat, stirring occasionally.
4. Add tomatoes and kidney beans.

5. Bring to a boil. Reduce heat and simmer for 45 minutes or until thick.
6. Top each serving of chili with 1 ounce of soy cheddar cheese and enjoy!

Serves: 8

Serving size: 1 cup of chili and 1 ounce of cheese