THE BEST VEGETARIAN CHILLI EVER!!!! & Cornbread

WHAT YOU NEED:
- 1 Small red onion
- 2 Cloves garlic
- 1 Capsicum
- ½ large zucchini
- 1 small sweet potato
- 1 cup kidney beans
- 1 cup corn
- 1 cup 4 bean mix
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- 2 tsp garlic salt
- ¼ tsp pepper
- 2 tsp cacao
- 1 Tbs coriander paste
- ½ jar medium salsa
- 1 cup vegetable stock

UTENSILS:
- Choppping board
- Cook's knife
- Peeler
- Grater
- Metal bowls
- Measuring cups/spoons
- Wooden spoon
- Baking dish

ALLERGY ADVICE: An Egg, Gluten and Dairy Free Cornbread will be provided for those children with Allergies/Intollerances. Any questions see Mrs Felton.

WHAT TO DO:

CHILLI BEANS

1. Dice onion, garlic, capsicum, zucchini and sweet potato and place in metal bowl. Take to Mrs Felton's bench. (this is sautéed in large saucepan/pot)
2. In the other bowl, combine; kidney beans, 4 bean mix, corn, can tomatoes, salsa and Mexican seasonings. Take to Mrs Felton's bench. (this will be added to vegetables and brought to a boil then simmered)
3. Add up to 1 cup stock if needed and cook approximately 30 minutes or until all vegetables are softened. Serve with cornbread and sour cream.

CORNBREAD

1. In a bowl, combine 1 ½ cups S.R Flour, ½ cup polenta and 1 teaspoon salt.
2. Stir in 1 cup milk, 1 egg, ¼ cup veg oil, ½ cup creamed corn and 1 cup grated cheese.
4. Cut into squares and serve warm with chilli beans. YUM!!!!!!

TO SET YOUR TABLE YOU WILL NEED:

A bowl, spoon and glass.