

## HEARTY FIRE ROASTED CHILI (Fort Campbell HS)

<i>2 red bell peppers</i>	<i>1 large sweet potato</i>	<i>½ cup water</i>
<i>2 poblano chilies</i>	<i>4 cloves of garlic,</i>	<i>¼ tsp. kosher salt</i>
<i>2 serrano chilies</i>	<i>minced</i>	<i>4 roma tomatoes</i>
<i>1 ½ lbs. ground beef</i>	<i>1 Tbs. Chili powder</i>	<i>1 (15 oz. can) of no</i>
<i>4 tsp. olive oil</i>	<i>1 tsp. ground cumin</i>	<i>salt added pinto</i>
<i>3 cups chopped</i>	<i>½ tsp. Spanish smoked</i>	<i>beans, rinsed</i>
<i>zucchini</i>	<i>paprika</i>	<i>1 cup low sodium</i>
<i>1 1/2 cups chopped</i>	<i>1/3 cup of uncooked</i>	<i>tomato juice</i>
<i>onion</i>	<i>quinoa</i>	

Cut tomato in half and remove the seeds. Place tomato, peppers, and chillies over an open flame until blackened. Place blackened veggies in a metal bowl and cover with plastic wrap tightly for 10 minutes. Brown ground beef and drain off excess fat. Peel and de-seed the peppers and chillies. Coarsely chop the peppers, chillies and tomatoes and set aside for later use. Heat a large Dutch oven over medium high heat and add oil to the pan. Add in zucchini, onion, and garlic; sauté for 4 minutes. Stir in spices. Add in roasted peppers, tomatoes, and chillies. Add 1 cup of water and remaining ingredients. Bring to boil, then reduce heat and let simmer for 20 minutes or until quinoa is tender.

### Light Spicy Cornbread Muffins

<i>1 ½ cups of yellow</i>	<i>1 tsp. sugar</i>	<i>1 (8 oz.) carton plain</i>
<i>cornmeal</i>	<i>2 egg whites</i>	<i>non-fat yogurt</i>
<i>1 tsp. baking soda</i>	<i>¼ cup picante sauce</i>	<i>Cooking spray</i>
<i>½ tsp. salt</i>	<i>3 Tbs. canola oil</i>	

Preheat oven to 425° F. Combine the first 4 ingredients in a large bowl. Mix well and add in egg whites. Add mixture to dry ingredients; do not over stir (only until moistened). Spoon batter into muffin pans coated with cooking spray, filling 2/3 full. Bake for 18-25 minutes. Remove from pan immediately.