

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

INGREDIENTS

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| 1 tablespoon vegetable or olive oil | 2 teaspoons to 2 tablespoons chili powder (depending on how spicy you like it) |
| 1 large onion, peeled and chopped | 2 15 oz. cans low-sodium white beans, drained and rinsed |
| 3 garlic cloves, peeled and minced | 2 to 4 cups low-sodium chicken or vegetable stock (less stock produces thicker chili) |
| 1 bell pepper, any color | 2 cups chopped or shredded cooked chicken |
| 1 large or 2 small zucchini, cubed | 1 cup frozen or fresh corn kernels |
| 1 teaspoon dried oregano | |
| 1 teaspoon ground cumin | |
| 1/4 teaspoon kosher salt | |

Recipe Source: Chop Chop Family

Total preparation/cooking time: 1 hour
Makes 8 cups

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 (use any or all: chopped cilantro, scallion, crushed red pepper flakes, shredded cheddar cheese, wedge of lime) and serve right away, or cover and refrigerate up to 3 days.

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



ChopChopFamily.org