



# Cilantro Lime Chickpea Chili

a recipe from Georgia School Nutrition Program

YIELDS: 10 cups

PREP TIME: 45 minutes

CATEGORY: Entree

## Ingredients:

- 2 tablespoons olive oil (or canola)
- 1 medium bell pepper seeded and cut ¼" dice
- 1 medium onion cut ¼" dice
- 1 jalapeno seeded and finely chopped
- 1 tablespoon minced garlic
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground coriander
- 5 cups canned chickpeas (garbanzo) drained and rinsed
- 1 pound corn kernels
- 2 cups crushed tomato
- 3 cups water
- 1 tablespoon vegetable base, low sodium
- 8 oz. tomato paste
- ¼ cup fresh cilantro, chopped
- 3 tablespoons lime juice
- ½ teaspoon salt
- 1 teaspoon ground black pepper

## TOOLS AND EQUIPMENT:

Measuring spoons, measuring cups, cutting board, Chef's knife, colander, mixing spoon, can opener, large pot with lid, 8 oz. ladle or spoodle

## SERVING INFORMATION:

1 cup per serving

## Steps:

1. Heat a large pot over medium high heat and add oil.
2. Add bell pepper, onion, jalapeno and cook until onions start to caramelize 3 to 4 minutes. Then add in minced garlic and cook while stirring until garlic is just starting to turn light brown.
3. Add in the spices and stir to incorporate, about 1 minute.
4. Add chickpeas, corn, crushed tomato, water, and vegetable base. Stir well and ensure base has dissolved. Reduce heat to a simmer and add the tomato paste.
5. Let simmer, covered, for 30 minutes and continue to stir every few minutes. (keep from scorching the bottom)
6. Stir in chopped cilantro, lime juice, salt, and pepper. Simmer while stirring for an additional 2 minutes.
7. Hold hot for service. **(135° or above, CCP)**

## NUTRITION INFORMATION

**SERVING:** 1 cup

**CALORIES:** 195 kcals **CARBOHYDRATES:** 34g

**PROTEIN:** 8g **FAT:** 12g **SATURATED FAT:** 1g

**CHOLESTEROL:** 0 mg **SODIUM:** 394mg

**FIBER:** 3g **SUGAR:** 7g

**VITAMIN A:** 1089 IU **VITAMIN C:** 33mg

**CALCIUM:** 84 mg **IRON:** 2mg