

IT'S FREE!



# MONDAY CHILI

## COOKBOOK

IF YOU THINK CHILI NEEDS MEAT,  
YOU DON'T KNOW BEANS!

**MEATLESS MONDAY**  
MeatlessMonday.com



CAJUN CHILI CUPS

PG. 3



SLOW COOKER CORN CHILI

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COZY CASHEW CHILI

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ROASTED CORN WHITE BEAN CHILI

PG. 21

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Chili made with beans is one of the healthiest meals you can eat. It's loaded with protein and is an excellent source of fiber, iron, and vitamin C. Chilies are also high in vitamin A, so with each bowl of chili you eat, your immune system gets a boost! Why not make a nutritious pot of chili tonight?

## Why Meatless?

### For your health:

- Limit cancer risk
- Reduce heart disease
- Fight diabetes
- Curb obesity
- Live longer
- Improve your diet

### For the environment

- Reduce your carbon footprint
- Minimize water usage
- Help reduce fossil fuel dependence

## Why Monday?

It's the January of the week, the perfect time for a fresh start. Research shows people are more likely to eat healthy, quit smoking and start exercise regimens on Monday than any other day. And a Monday start helps people uphold their healthy intentions for the week.

## How to go Meatless Monday

- Take the Meatless Monday Pledge
- Tell your friends, family and workmates about MM
- Encourage your town, school, club or cafeteria to go meatless on Mondays

The Monday Campaigns is a nonprofit organization in association with the Johns Hopkins Bloomberg School of Public Health, Columbia University Mailman School of Public Health, and the Maxwell School of Syracuse University. Together we bring awareness to the benefits of starting the week with healthy behaviors to help end chronic, preventable diseases.

## THE STORY OF CHILI

The origin of chili likely dates back to the mid-1800s, when Texas trail cooks had to feed hungry cowboys on long drives, using

whatever ingredients were on hand. Inventive cooks discovered they could make nonperishable food by pounding

together dried beef, fat, chili and salt. These "chili bricks" were then soaked in water during the day and boiled at dinnertime with garlic and cumin to make a hearty stew.



As chili's popularity spread, chili parlors sprang up in Texas trail towns and other places in the West.

It is said that Frank and Jesse James refused to rob the bank in the town where their favorite chili parlor was located. By the depression years, chili could be found in practically every town in the country.

These days, creative cooks are concocting healthier chili recipes with non-meat ingredients, including beans.

Beans are full of protein and are an ideal substitute for meat. Beans are also an excellent source of fiber. Canned beans can be high in sodium, so drain and rinse before cooking or use low-sodium varieties.

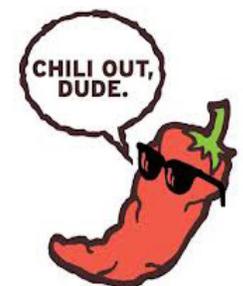


With the mission to reduce risk of heart disease, stroke and cancer through moderate diet and lifestyle changes,

Meatless Monday's bean-based chilies are a delicious way to celebrate the healthy trend of cutting out meat one day a week. Chili recipes are popular at tailgating parties, fundraisers, potlucks and on campus.

Even die-hard carnivores love our healthy, hearty, warming and delicious meatless versions of the American classic.

In the words of Meatless Monday founder Sid Lerner: "If you think chili needs meat, you don't know beans!" Enjoy!



Our website, [MeatlessMonday.com](http://MeatlessMonday.com) has hundreds of recipes that you can use to go meatless at home - and the tips and tools you need to take action in your community! For help, contact us at: [info@meatlessmonday.com](mailto:info@meatlessmonday.com)



## CAJUN CHILI CUPS

The holy trinity of onion, bell pepper and celery is seasoned with cumin, thyme and cayenne, before it is tossed with veggie sausage, okra and kidney beans. This tasty Cajun-spiced chili is elegantly served in edible cups made from egg-roll wrappers.

# CAJUN CHILI CUPS

This recipe comes to us from Anne Tegtmeier of [Apron Strings](#). Serves 8

## INGREDIENTS:

2 tablespoons olive oil  
1 large onion, peeled and diced  
1 green bell pepper, diced  
2 stalks celery, diced  
3 cloves garlic, minced  
1 teaspoon chili powder  
1 tablespoon ground cumin  
2 teaspoons thyme  
½ teaspoon cayenne hot sauce  
1 bay leaf  
2 (15-ounce) cans diced tomatoes  
1 pound Andouille style tofu sausage, sliced  
1 (10 ounce) box frozen cut okra, defrosted  
2 (15 ounce) cans kidney or adzuki beans, drained  
salt, to taste  
18 eggroll wrappers, cut down to 5 square inches  
Greek yogurt\*, for garnish  
*\*Optional*

## RECIPE:

Place the oil in a large stockpot over medium-high heat. Add the onions, celery and bell pepper to the stockpot and sauté for 5-7 minutes, or until the veggies have softened considerably and are on the edge of browning. Add garlic and cook 2-3 minutes more.

Add the diced tomatoes to the pot and season with the chili powder, cumin, thyme, hot sauce and the bay leaf. Bring the mixture to a boil and add the sausage, red beans and okra.

Adjust seasoning to taste and reduce heat to low. Simmer for at least 45 minutes. The longer the chili simmers the better the flavors will meld.

Preheat the oven to 350 degrees. Prepare a muffin tin with a light coating of nonstick cooking spray or oil. Trim the eggroll wrappers so that they will fit inside the muffin tins. Spray or brush the egg-roll wrappers with another light coating of olive or canola oil.

Place the eggroll wrappers in the muffin tins, pleating the wrappers up the sides of the greased tins so each wrapper forms a bowl. Place any extra wonton pieces on a baking sheet to make dipping crisps with the leftover strips.

Bake the wonton wrapper cups and crisps for 8-10 minutes, or until the cups have browned. Serve the chili into the wrapper cups. Garnish with dollops of Greek yogurt and extra hot sauce, if desired. Enjoy, using the extra crisps for dipping in the chili.

## Nutrition Information

### Cajun Chili Cups

Servings per Recipe: 8

Amount per Serving

Calories: 365.1

Calories from Fat: 41

Total Fat: 9.3g

Saturated Fat: 2.5g

Cholesterol: 0mg

Sodium: 1242.7mg

Potassium: 698mg

Total Carbohydrates: 28.2g

Dietary Fiber: 8.7g

Protein: 16.7g

Sugars: 0g

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## QUINOA CHILI

Good-for-you grain quinoa makes an ideal foundation for this tasty chili, while doing double duty as a complete protein. The chili's spices will warm you up as its quinoa-bean base fills you with energy and keeps your heart healthy.

# QUINOA CHILI

This recipe comes to us from Lindsay Ingalls of [Running with Tongs](#). Serves 4

## INGREDIENTS:

½ tablespoon olive oil  
1 medium onion, diced  
1 tablespoon chili powder  
1 tablespoon cumin powder  
1½ teaspoons onion powder  
1½ teaspoons garlic powder  
1 teaspoon paprika  
¼ teaspoon cayenne pepper  
1 cup quinoa, uncooked\*

3 cups low-sodium vegetable broth  
1 tablespoon unsweetened cocoa powder  
½ cup nutritional yeast\*\*  
1 (14.5-ounce) can of your favorite beans  
salt and pepper, to taste

*\*Quinoa can be found in the grain section of most grocery stores. Feel free to substitute brown rice if you can't find quinoa, but for best results, the hearty quinoa will keep its shape in the sauce.*

*\*\*Optional. Found in health food stores or the health section of some grocery stores.*

## RECIPE:

Place the olive oil in a large skillet over medium-high heat. Add the onion and sauté for 5-7 minutes, or until the onions are soft. Season the onion with the chili powder, cumin powder, onion powder, garlic powder, paprika and cayenne pepper.

Add the vegetable broth and quinoa to the skillet. Bring to a boil and then turn heat down to medium-low. Simmer for about 10 minutes.

Add the beans, cocoa powder, and nutritional yeast to the skillet and season with salt and pepper to taste. Turn the heat up to medium-high to bring the chili back up to a boil. When the chili boils, lower the heat back down to medium-low and simmer, stirring occasionally, for 20-30 minutes more, or until the quinoa is cooked through. Enjoy!



## Nutrition Information

### Quinoa Chili

Servings per Recipe: 4

Amount per Serving

Calories: 395

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Calories from Fat: 59

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Total Fat: 6.6g

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Saturated Fat: .9g

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Cholesterol: 0mg

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Sodium: 150mg

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Potassium: 1224mg

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Total Carbohydrates: 66g

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Dietary Fiber: 16.2g

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Protein: 22.9g

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Sugars: 3g

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# CHILI CON LENTILS

Who says chili needs meat when this one comes chock full of cinnamon-spiced lentils, paprika-seasoned peppers, roasted tomatoes and corn? With all those aromatic spices, this chili's rich, smoky aroma will fill your house as it stews.

# CHILI CON LENTILS

This recipe comes to us from Trudy Slabosz of [veggie.num.num](http://veggie.num.num). Serves 6

## INGREDIENTS:

2 cups dry brown lentils, rinsed and picked through  
8 cups low-sodium vegetable stock, divided  
1 onion, diced  
2 bay leaves  
1 (1½ inch) piece cinnamon stick  
4 tomatoes  
1 red bell pepper, halved, and seeded  
a little oil or cooking spray, to coat the pot  
2 red chilies, diced  
3 garlic cloves, diced  
2 teaspoons ground cumin

½ teaspoon cayenne pepper  
1 teaspoon sweet paprika  
2 tablespoons tomato paste  
1 vegetable stock bouillon cube  
2 tablespoons brown sugar  
2 cobs worth of fresh corn kernels  
or  
1 (15-ounce) can corn  
2 ripe avocados, flesh removed  
juice of 1 lime  
salt and pepper, to taste

## RECIPE:

- Preheat your oven to 400 degrees.
- Combine the lentils, onion, bay leaves, cinnamon stick and 6 cups of low sodium vegetable stock together in a medium saucepan over high heat. Bring to the boil, turn the heat down to low and simmer gently, uncovered, for 20-25 minutes. Set the additional 2 cups vegetable stock aside.
- Place the halved bell pepper cut side down and the whole tomatoes onto a baking dish. Roast in the oven for 20-30 minutes, or until the bell pepper and tomatoes are soft and their skins are beginning to brown. Remove from the oven and set aside to cool. Once bell peppers and tomatoes are cool, puree them in a food processor and pass them through a sieve to get a smooth consistency. Set aside.
- Prepare a large, heavy-based pot with a light layer of oil or cooking spray and place over medium heat. Add the chopped chilis and diced garlic to the pot and cook for 1 minute, or until garlic begins to become fragrant. Season the chili-garlic mixture with the cumin, cayenne pepper and sweet paprika. Cook 1 minute more, or until spices become fragrant.
- Add the tomato-bell pepper mixture, tomato paste, brown sugar and stock cube to the pot. Cook over a medium heat 2-4 minutes, or until the sugar and stock cube have dissolved.
- Add the corn kernels, lentils and any remaining liquid to the pot. Stir well to combine, bring to a simmer and turn heat down to low.
- Gently cook the chili over very low heat for up to 2 hours, adding additional vegetable stock when needed to keep it from sticking to the pot. While the chili is cooking, mash the avocados in a bowl with the lime juice and season with salt and pepper to taste.
- Remove the bay leaves and cinnamon stick before serving. Top with the guacamole and enjoy!

## Nutrition Information

### Chili con Lentils

Servings per Recipe: 6

Amount per Serving

Calories: 440

Calories from Fat: 104

Total Fat: 11.6g

Saturated Fat: 1.7g

Cholesterol: 0mg

Sodium: 207mg

Potassium: 1456mg

Total Carbohydrates: 72.4g

Dietary Fiber: 27.8g

Protein: 21.1g

Sugars: 12.9g

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## BLOODY MARY CHILI

A medley of black, pinto and red kidney beans are wickedly flavored with zesty Bloody Mary mix in this spicy, satisfying chili. Cumin, chili powder and cayenne pepper provide a depth of flavor to the heat, while fresh cilantro finishes the dish on a crisp, herbal note.

# BLOODY MARY CHILI

This recipe comes to us from Vicki of [Funny Spoon](#). Serves 8

## INGREDIENTS:

1 tablespoon olive oil	2 (15-ounce) cans black beans
1 onion, diced	2 (15-ounce) cans red kidney beans
2 bell peppers, diced	1 teaspoon cumin
1 tablespoon garlic, minced	2 tablespoons chili powder
2 (28-ounce) cans whole tomatoes	2 teaspoons cayenne pepper
1-2 cups Bloody Mary mix	1 bunch cilantro, chopped and divided
2 (15-ounce) cans pinto beans	

## RECIPE:

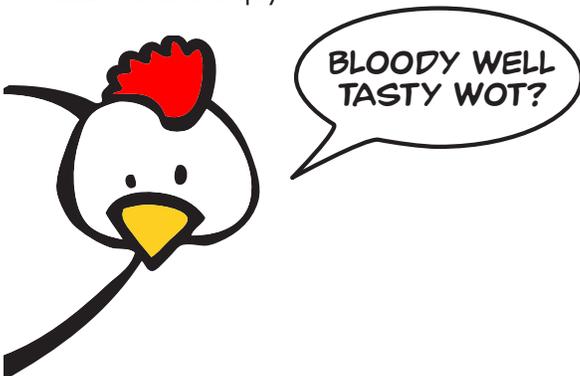
Place the olive oil in a large pot over medium-high heat.

Add the diced bell pepper and onion to the pot and sauté for 3-5 minutes, or until translucent. Add the garlic and sauté 1 minute more, or until the garlic begins to become fragrant.

Add the tomatoes and their juices to the pot, crushing the tomatoes with your hands as you add them. Add the pinto, black and kidney beans to the pot and stir. Pour in 1 cup of the Bloody Mary mix. Taste for seasoning and add more Bloody Mary mix if you prefer a spicier chili. Stir to mix well.

Season with the cumin, chili powder and cayenne pepper. Add half the cilantro, stir and cook for 20-30 minutes, or until the flavors meld to preference.

Divide into 8 servings, top with the remaining chopped cilantro and enjoy!



## Nutrition Information

### Bloody Mary Chili

Servings per Recipe: 8

Amount per Serving

Calories: 270

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Calories from Fat: 29

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Total Fat: 3.3g

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Saturated Fat: .5g

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Cholesterol: 0mg

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Sodium: 187mg

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Total Carbohydrates: 48g

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Dietary Fiber: 15.6g

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Protein: 16g

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Sugars: 8g

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# BUTTERNUT SQUASH BLACK BEAN CHILI

Butternut squash and black beans are spiced with both ancho and chipotle chili powders in this hearty dish. This squash spin on an American classic proves the adage “if you think chili needs meat, you don’t know beans!”

# BUTTERNUT SQUASH BLACK BEAN CHILI

This recipe comes to us from [Top Chef's Fabio Viviani](#). Serves 4

## INGREDIENTS:

2 tablespoons extra virgin olive oil	½ teaspoon salt
1 butternut squash, peeled and diced	¼ teaspoon salt
1 onion, diced	2 ½ cups vegetable broth
4 cloves garlic, minced	2 (15-ounce) cans black beans, rinsed
2 tablespoons ancho chili powder	1 (15-ounce) can tomatoes with green peppers
½ teaspoon ground chipotle chili powder	4 teaspoons lime juice
1 tablespoon ground cumin	½ cup chopped cilantro

## RECIPE:

Place the oil in a large pot or dutch oven over medium-high heat. Add the butternut squash and onion and cook for about 4 minutes, or until the onion softens slightly. Season with the garlic, chili powders, cumin and salt. Stir to ensure the spices are evenly distributed and cook for about 30 seconds more, or until they become fragrant.

Add the stock and bring the mixture to a simmer. Cover, reduce heat to medium-low and simmer for about 10 minutes, or until the butternut squash is tender.

Add the beans, tomatoes and lime juice to the pot. Increase heat the high cook for about 4-5 minutes, or until the sauce is slightly reduced. Remove from heat, stir in the cilantro and enjoy!



## Nutrition Information

### Butternut Squash Black Bean Chili

Servings per Recipe: 4

Amount per Serving

Calories: 214

Calories from Fat: 68

Total Fat: 7.6g

Saturated Fat: 1.1g

Cholesterol: 0mg

Sodium: 78.6mg

Total Carbohydrates: 38.7g

Dietary Fiber: 7.6g

Protein: 3.8g

Sugars: 7.7g

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# ARTICHOKE NAVY BEAN CHILI

Onions, navy beans, potatoes and artichoke hearts are seasoned with chilis, oregano, chipotle powder and lime juice in this delectably spiced chili. For an even heartier meal, try serving it in a whole wheat bread bowl, with a smidgen of salsa on top.

# ARTICHOKE NAVY BEAN CHILI

This recipe comes to us from Janet DeGras of [Mosaic Kitchen](#). Serves 2

## INGREDIENTS:

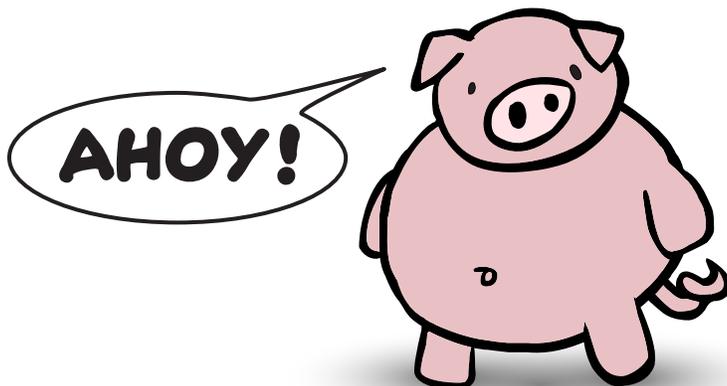
2 teaspoons olive oil	1 (4-ounce) can green chilies, chopped
½ cup onion, chopped	1 teaspoon garlic, minced
1 (15-ounce) can navy or great northern beans, rinsed and drained	1 teaspoon dried oregano
1 potato, peeled and diced	1 teaspoon ground cumin
½ cup canned artichoke hearts, chopped	pinch of ground chipotle pepper
or	1 cup low sodium vegetable broth
½ cup frozen artichoke hearts, thawed	2 tablespoons lime juice
	red salsa of choice, for garnish

## RECIPE:

Place the olive oil in a soup pot over medium-low heat. Add the onion and cook for about 5 minutes, or until the onion begins to soften.

Add the beans, potatoes and artichoke hearts. Season with the chilis, garlic, oregano, cumin, chipotle pepper and lime juice. Add the vegetable broth, turn heat up to medium-high and bring to a boil. When the broth boils, reduce the heat to low and simmer for 10-15 minutes, or until the potato is cooked through.

Remove from heat, divide into 2 bowls, garnish with salsa and enjoy.



## Nutrition Information

### Artichoke Navy Bean Chili

Servings per Recipe: 2

Amount per Serving

Calories: 389.8

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Calories from Fat: 53

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Total Fat: 5.9g

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Saturated Fat: .9g

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Cholesterol: 0mg

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Sodium: 43mg

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Potassium: 1518.4mg

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Total Carbohydrates: 70.3g

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Dietary Fiber: 19.5g

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Protein: 19.1g

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Sugars: 6.1g

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## SLOW COOKER CORN CHILI

Kidney and black beans are seasoned with cumin, garlic, cinnamon and cocoa in this deceptively simple chili. Corn brings a slight crunch and fire-roasted tomatoes allow for a subtly smoky flavor in this one-pot wonder.

# SLOW COOKER CORN CHILI

This recipe comes to us from Jen Brody of [Domestic Divas](#). Serves 6

## INGREDIENTS:

1 medium onion, chopped	1 28-ounce can fire-roasted diced tomatoes
4 garlic cloves, chopped	1 (15.5-ounce can) black beans, rinsed
1 tablespoon chili powder	1 (15.5-ounce can) kidney beans, rinsed
1 tablespoon ground cumin	1½ cups frozen corn
2 teaspoons unsweetened cocoa powder	cilantro,* for garnish
¼ teaspoon ground cinnamon	scallions,* for garnish
1 teaspoon salt	radishes,* for garnish
¼ teaspoon black pepper	* <i>Optional.</i>

## RECIPE:

Combine the onion, garlic, chili powder, cumin, cocoa, cinnamon, salt and pepper together in a 4-6 quart slow cooker.

Add the tomatoes with their liquid, beans, frozen corn and 1 cup water to the slow cooker.

Cook on low for 7-8 hours, or until the onions are tender and the chili has thickened.

Divide into 6 portions, garnish with cilantro, scallions and radishes, if using, and enjoy!



## Nutrition Information

### Slow Cooker Corn Chili

Servings per Recipe: 6

Amount per Serving

Calories: 247.6

Calories from Fat: 19

Total Fat: 2.1g

Saturated Fat: .4g

Cholesterol: 0mg

Sodium: 638.8mg

Potassium: 940.1mg

Total Carbohydrates: 49.4g

Dietary Fiber: 13.2g

Protein: 12.9g

Sugars: 5.7g

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## COZY CASHEW CHILI

Scallions, bell pepper and carrots are sautéed, then seasoned with chili and chipotle powder before this traditional chili base meets the unexpected cashews and raisins. The sweet, savory and nutty flavors play off each other well in this complex dish. Pour two servings over brown rice and cozy up with your favorite foodie.

# COZY CASHEW CHILI

This recipe comes to us from Stephanie Weaver, [The Recipe Renovator](#). Serves 6

## INGREDIENTS:

1 cup water, heated  
½ cup textured vegetable protein\*  
1 tablespoon olive oil  
2 cloves garlic, smashed  
½ cup scallions, chopped and divided  
1 red bell pepper, diced  
1 cup carrot, diced  
2 tablespoons chili powder  
1 teaspoon chipotle powder  
1 (28-ounce) can crushed tomatoes  
1 (15-ounce) can kidney beans, rinsed  
½ cup cashews

½ cup raisins  
1 teaspoon agave nectar\*  
or  
1 teaspoon maple syrup  
a pinch salt

*\*Texture vegetable protein (TVP) is a protein-based meat substitute found in health food stores or the health food or meat section of most grocery stores.*

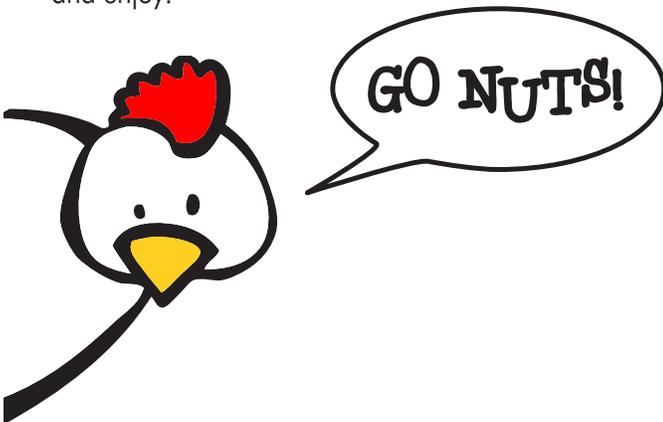
*\*\* Agave (ah-Gah-vay) nectar is similar in taste & texture to honey but has a lower impact on blood sugar when compared with other sweeteners. Agave can be found in the health food or specialty food aisle of most grocery stores.*

## RECIPE:

Place the textured vegetable protein (TVP) into the warm water and let sit while you prepare the rest of the recipe.

Place the olive oil in a large skillet with a fitted lid over medium-high heat. Add the garlic along with 6 tablespoons of the scallions and sauté for 1 minute.

Season the TVP-mixture with the chili powder and chipotle powder, stir to combine, and cook 1 minute more. Add the TVP and soaking water, crushed tomatoes, kidney beans, cashews, raisins and agave nectar or maple syrup. Bring to a boil over high heat, reduce heat to low and simmer, covered, for at least 30 minutes, or until the flavors have melded together. Sprinkle with the remaining chopped scallions and enjoy!



## Nutrition Information

### Cozy Cashew Chili

Servings per Recipe: 6

Amount per Serving

Calories: 312

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Calories from Fat: 79

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Total Fat: 8.8g

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Saturated Fat: 1.6g

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Cholesterol: 0mg

---

Sodium: 357.4mg

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Potassium: 799.9mg

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Total Carbohydrates: 36.3g

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Dietary Fiber: 9.4g

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Protein: 11.8g

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Sugars: 15.7g

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## SWEET POTATO CHILI OVER COUSCOUS

The flavorful combination of spicy chipotle chili powder, smoky tomatoes and naturally sweet yams served over fluffy couscous is fantastic. Chipotle chili powder and fire-roasted tomatoes have an irresistibly smoky flavor, but regular chili powder and tomatoes can be substituted in a pinch.

# SWEET POTATO CHILI OVER COUSCOUS

This recipe comes to us from Holly Clegg's book [Too Hot in the Kitchen](#). Serves 6

## INGREDIENTS:

1 ½ pounds Louisiana yams or sweet potatoes, peeled  
1 tablespoon olive oil  
1 onion, chopped  
1 red bell pepper, cored and chopped  
1 teaspoon minced garlic  
1 tablespoon chili powder  
1 teaspoon chipotle chili powder  
1 (14½-ounce) can fire-roasted diced tomatoes  
1 (15-ounce) can dark red kidney beans, rinsed and drained  
1 ½ cups vegetable broth  
3 cups cooked couscous

## RECIPE:

Cut the yams into 1 ½ inch pieces.

Place the oil in a large pot over medium heat. Add the onion, bell pepper and garlic to the pot and cook, stirring frequently, for about 5 minutes, or until the veggies are tender. Season with the chili and chipotle powders, taking care to ensure the ingredients are evenly distributed. Cook 30 seconds more, or until the spices begin to become fragrant.

Add sweet potatoes, tomatoes, beans and broth to the pot. Bring to boil, reduce heat and cook about 20-30 minutes, or until sweet potatoes are tender. Serve over the cooked couscous and enjoy!



## Nutrition Information

### Sweet Potato Chili over Couscous

Servings per Recipe: 6

Amount per Serving

Calories: 405.8

Calories from Fat: 149

Total Fat: 16.5g

Saturated Fat: 2.3g

Cholesterol: 0mg

Sodium: 396.8mg

Total Carbohydrates: 56g

Dietary Fiber: 9.3g

Protein: 13.4g

Sugars: 13.1g

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# ROASTED CORN WHITE BEAN CHILI

This hearty chili makes a brilliant base for sweet roasted corn and whatever other fresh veggies and condiments you desire. Put out bowls of toppings such as shredded cabbage, cheese, baked tortilla chips, hot sauce, Greek yogurt and salsa. This recipe was featured on the website of Meatless Monday's sister campaign: The Kids Cook Monday. For more resources to help your family begin every week cooking together, visit our website at [TheKidsCookMonday.org](http://TheKidsCookMonday.org)

# ROASTED CORN WHITE BEAN CHILI



This recipe was inspired by a meal idea on [The Family Dinner](#) website. Serves 12

## INGREDIENTS:

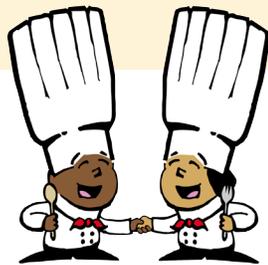
### For the chili:

1 tablespoon olive oil  
2 large onions, chopped  
1 cup chopped carrots  
8 garlic cloves, finely chopped  
1 tablespoon ground cumin  
1 ½ teaspoons dried oregano  
2 tablespoons mild or hot chili powder  
2 (4 ounce) cans fire roasted chiles, chopped  
1 (28 ounce) can fire-roasted diced tomatoes  
2 tablespoons maple syrup

2 tablespoons white vinegar  
6 (15 ounce) cans white beans, drained and rinsed  
3 cups vegetable broth  
3 corn tortillas, torn into small pieces  
salt and cayenne pepper, to taste

### For the roasted corn

3 cups fresh shucked corn  
or  
3 cups frozen corn, thawed and dried  
1 teaspoon olive oil  
salt and pepper, to taste



**The Kids Cook Monday!**

## RECIPE:

### To make the chili's base:

**Adult:** Place the olive oil in a large pot over medium heat. Add the onions and sauté for about 8 minutes, or until they turn golden. Season the onions with the garlic, cumin, oregano and chili powder, stirring often to ensure the spices are evenly distributed.

**Together:** Add the chilis, tomatoes, broth, beans and torn tortilla pieces to the pot. Bring to a simmer. When the pot's contents reach a rolling simmer, reduce heat to medium-low and cook uncovered for about 30 minutes.

### To roast the corn:

**Kid:** Toss the corn with the olive oil in a medium bowl. Spread the oiled corn on a baking sheet.

**Adult:** Preheat the broiler and transfer the baking sheet directly under it. Cook the corn for about 5 minutes, or until it begins to char and become fragrant.

### To complete the Roasted Corn White Bean Chili:

**Together:** Stir the maple syrup and vinegar into the chili as it cooks on the stove. Season with salt and cayenne as desired, taste for seasoning and adjust to preference. Divide into bowls, top with the roasted corn and enjoy!

## Nutrition Information

### Roasted Corn White Bean Chili

Servings per Recipe: 12

Amount per Serving

Calories: 353.3

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Calories from Fat: 27

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Total Fat: 3g

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Saturated Fat: .5g

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Cholesterol: 0mg

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Sodium: 50.3mg

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Total Carbohydrates: 67.2g

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Dietary Fiber: 13.9g

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Protein: 18.8g

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Sugars: 8.8g

The FDA recommends 2000 calories a day as a reasonable average guideline for most adults. [Click here](#) to learn how you can use the Monday 2000 to reset the calorie budget you have to spend each day. For specific calorie recommendations based on your age, metabolism and medical history, consult your doctor or nutritionist.

# The Monday Campaigns



Meatless Monday encourages people around the world to cut out meat once a week for their health and the health of the planet. Individuals, schools, restaurants and worksites worldwide have found that Meatless Monday is an easy way to cut saturated fat and make more nutritious choices.



The Healthy Monday umbrella covers a range of wellness activities including nutrition, physical activity, stress reduction, sexual health and smoking cessation. By synchronizing health messages on Monday, organizations can create a culture of wellness that motivates people to start the week right.



The Kids Cook Monday is a weekly opportunity for families to prepare and share a home-cooked meal. Studies have shown that family time at the dinner table can improve grades, eating habits and communication skills, decreasing the likelihood of children trying drugs or alcohol.



Most first-time quitters relapse, taking 8-11 times to quit for good. Rather than focusing on big days like New Year's or birthdays, smokers can use each Monday to quit, celebrate progress or quit again if they relapse.



The CDC recommends that we get 2½ hours of physical activity each week, but sometimes sticking to an exercise routine is a challenge.

Move it Monday encourages people to jumpstart their week to stay fit with doable goals.



Man Up Monday is a new health initiative to encourage men to take responsibility for their health. Men, particularly young men, tend to ignore health problems until they become acute.

The campaign urges men to visit their local clinic for HIV and STD tests, restock their condoms and get regular preventive screenings.



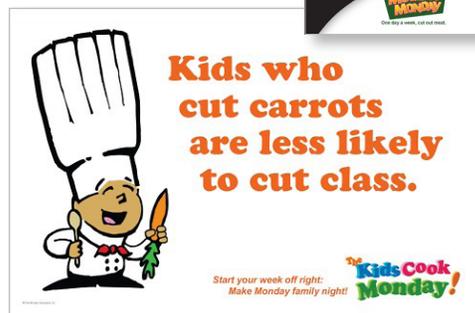
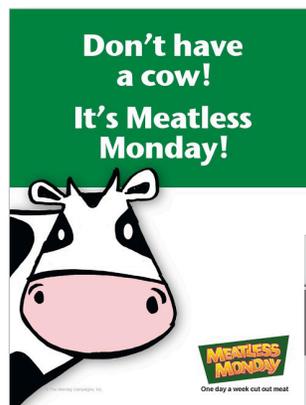
Many times caregivers feel isolated and overwhelmed, and end up neglecting their own health and needs. Caregiver Monday is an initiative that assembles the latest tips, news and key resources to help caregivers take care of themselves, manage stress and find support.

The Monday Campaigns is a nonprofit organization in association with the Johns Hopkins Bloomberg School of Public Health, Columbia University Mailman School of Public Health, and the Maxwell School of Syracuse University. Together we bring awareness to the benefits of starting the week with healthy behaviors to help end chronic, preventable diseases.



The day all health breaks loose.

MondayCampaigns.org



**Free ads, videos, graphics and inspiration.**  
**Customize for your organization!**

Find it all at:  
[MondayCampaigns.org](http://MondayCampaigns.org)





**BLOODY MARY CHILI**

**PG. 9**



**SWEET POTATO CHILI OVER COUSCOUS**

**PG. 19**



**BUTTERNUT SQUASH BLACK BEAN CHILI**

**PG. 11**



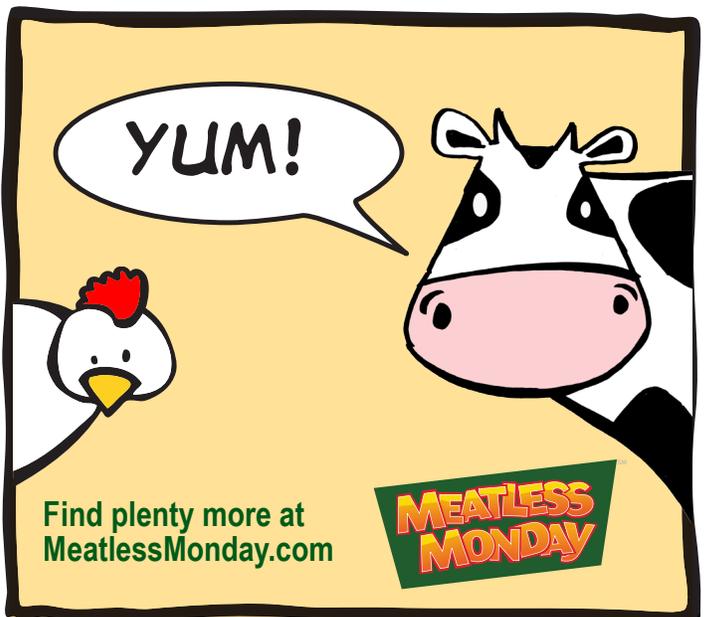
**QUINOA CHILI**

**PG. 5**



**ARTICHOKE NAVY BEAN CHILI**

**PG. 13**



Find plenty more at  
[MeatlessMonday.com](http://MeatlessMonday.com)

**MEATLESS  
MONDAY**