

SOUP KITCHEN - INTERNATIONAL GROUP

The recipe of the Veggie Chili

(+/- 20 servings)

- 3 pounds ground meat
- 2 onions chopped or 1 package frozen, diced onions
- 2 tablespoons chili powder or hot sauce
- 2 large cans tomato sauce (2 lbs. each), or 4 cans of the 14-15 oz size
- 2 cans kidney beans (regular size)
- 2 cans chopped tomatoes (14.5 ounces each)
- 1 package frozen peas (1 lb.)
- 1 package frozen corn (1 lb.)
- 3 package shell or penne pasta (16 ounces each)

Brown ground beef. Add onions, chili powder, tomato sauce, kidney beans, tomatoes, corn, peas. Stir and let get warm, covered, on high heat.

Separately cook pasta until just done. Note that the pasta cooks further when mixed with the sauce, so cook about three minutes less than the cooking directions on the package indicate. Drain only half of the pasta water. Mix the rest of the water and the pasta with the sauce.

Remember to warm it up before you bring it to the SK. We can keep food warm, but not warm it up for serving.