



Skillful Skillet Chocolate Chili

By Erin Fletter

Prep Time 15 / **Cook Time** 30 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

Equipment

- Skillet
- Cutting board + kid-safe knife
- Measuring spoons
- Can opener
- Strainer
- Wooden spoon
- Dry measuring cups

Ingredients

Skillful Skillet Chocolate Chili

- 1 eggplant
- 1 onion

- 1 bell pepper
- 2 zucchini
- 4 T olive oil
- 2 T chili powder
- 1/2 tsp hot pepper sauce
- 3 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp garlic powder
- 1 15-oz can tomato sauce
- 1 6-oz can tomato paste
- 2 16-oz cans pinto beans (drained)
- 1/2 C dark chocolate chips **** (for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand, for CHOCOLATE ALLERGY sub carob chips)****
- 1/2 C frozen sweet corn (thawed)
- shredded cheese, optional **** (omit for DAIRY ALLERGY or sub dairy-free/nut-free cheese)****
- green onions, optional
- sour cream, optional **** (omit for DAIRY ALLERGY or sub dairy-free/nut-free sour cream)****

Food Allergen Substitutions

Skillful Skillet Chocolate Chili

Chocolate: Substitute carob chips for chocolate chips.

Dairy: Substitute dairy-free chocolate chips, like Enjoy Life brand. Omit optional cheese and sour cream toppings or use dairy-free/nut-free cheese and sour cream.

Nut: Substitute nut-free chocolate chips, like Enjoy Life brand.

Soy: Substitute soy-free chocolate chips, like Enjoy Life brand.

Instructions

Skillful Skillet Chocolate Chili

chop + measure + sauté

Have kids chop **1 eggplant, 1 onion, 1 bell pepper,** and **2 zucchini**. Grownups: Add these to a skillet over medium-high heat with **4 tablespoons of olive oil**. Sauté the veggies until soft, about 5 minutes. Then have kids measure **2 tablespoons of chili powder, 1/2 teaspoon hot pepper sauce, 3 teaspoons salt, 1 teaspoon cinnamon,** and **1/2 teaspoon garlic powder**. Add to the skillet, and cook until fragrant.

open + add + simmer

Open up **1 can of tomato sauce, 1 can of tomato paste,** and **2 cans of pinto beans** (drained) and add their contents to the skillet. Simmer over low heat, occasionally stirring, for at least 20 minutes, until desired consistency (and up to 2 hours for best flavor).

stir + top + serve

Just before serving, stir in **1/2 cup of chocolate chips** and **1/2 cup of sweet corn**. Top with **shredded cheese**, chopped **green onions**, and **sour cream** if using. Serve with Zucchini Cornbread Muffins (see recipe) or tortilla chips.

Featured Ingredient: Zucchini!

Hi! I'm Zucchini!

"I'm very fond of summer, aren't you? After all, I'm a summer squash! I have beautiful, tender green skin, so don't peel it off before cooking, or you'll lose some of my fiber and nutrients. I may be a small gourd, but you wouldn't like my taste as much if I got too big. You can do all sorts of things with me to fit your recipes: slicing, dicing, grating, and even making spaghetti-like noodles out of me using a vegetable peeler or a fancy device called a spiralizer!"

History

Zucchini (*Cucurbita pepo*) is a summer squash of the same family that includes cucumbers and melons. Summer squash is a squash that is picked when immature, while its peel is still tender. Like many other veggies we've seen, zucchini is technically a fruit, not a vegetable! Central and South American people have been eating zucchini for several thousand years. However, the zucchini we know today is an Italian variety of summer squash developed from those of native Central and South America. Christopher Columbus brought squash seeds to the Mediterranean region and Africa. The Native American word for zucchini is "skutasquash," which means "green thing eaten raw."

Anatomy & Etymology

Zucchini grow on vines just like cucumbers do.

Zucchini plants produce male and female flowers on the same plant, with the female flowers directly attached to the fruit and the male flowers attached to a long stem on the plant. Therefore, insects must pollinate the plants for the fruit to grow.

Zucchini can rapidly grow to several feet long, but the smaller ones taste sweeter.

The record for the longest zucchini is 8 feet 3.3 inches. The heaviest zucchini was 64 pounds 8 ounces! It's "zucchini" in the US, Canada, and a few other countries. The word is a plural of the Italian "zucchini" (masculine form—the feminine form, "zucchina" is preferred), which is a diminutive (smaller version) of "zucca" or "gourd."

In France, they say "courgette" (kooor-ZHET), which the British also use. It's a diminutive of the French "courage," which also means "gourd."

How to Pick, Buy, & Eat

Harvesting zucchini when they're between 6 to 8 inches long and 3 to 4 inches in diameter ensures they will be more tender and sweet.

A "bumper crop" of zucchini is an overload of zucchini that grows faster than a home gardener can cook and eat it!

When buying zucchini, choose firm and heavy ones for their size. In addition, fresh zucchini should have bright, glossy skin free of bruises or nicks. Zucchini stay fresh for up to a week when stored in a plastic bag in the refrigerator.

Zucchini is very versatile, and you can use them in both savory and sweet dishes, like ratatouille and zucchini bread.

Fresh zucchini blossoms can be cooked and eaten raw. You can remove the pistils from the female flower blossoms and the stamens from male flower blossoms, but you don't have to. Both have flavor and are edible.

Nutrition

Potassium: helps reduce blood pressure and increase blood flow to and from our hearts.

Manganese: helps wounds heal and bones grow.

Antioxidants: help keep us healthy and healing faster when we're sick.

Fiber: helps us digest our food and absorb nutrients from our food.