🌶️ Chili & Corn Bread Lab

Culinary 1 · Unit 12 · Level 1 · after the Taco Lab



Name: _____

Chili: about 6 servings · Cornbread: one 8-inch pan. Mrs. Dyches' recipe: Quick Chili (her allrecipes link could not be opened) + Best Buttermilk Cornbread (her recipe) — standard version, check with Mrs. Dyches.

🧺 Quick chili (standard version): get it. Check ☐.

- ☐  **1 lb** ground beef
- ☐  **1** onion, chopped
- ☐  **1 can (15 oz)** kidney beans, drained
- ☐  **1 can (15 oz)** diced tomatoes
- ☐  **1 can (8 oz)** tomato sauce
- ☐  **1 Tbsp** chili powder
- ☐  **1 tsp** cumin
- ☐  **½ tsp** salt

🧺 Cornbread (her recipe): get it. Check ☐.

- ☐  **½ c** butter, melted
- ☐  **⅔ c** sugar
- ☐  **2** eggs
- ☐  **1 c** buttermilk or sour cream
- ☐  **1 c** cornmeal
- ☐  **1 c** flour
- ☐  **½ tsp** baking soda
- ☐  **½ tsp** salt

👩‍🍳 Do one box. Check ☐ it.

1		Oven on: **375**.	☐
2		Mix butter, sugar, eggs.	☐
3		Add the rest.	☐
4		Bake the cornbread.	☐
5		Cook meat + onion.	☐
6		Add the cans.	☐
7		Cook **20** minutes.	☐
8		Eat! Photo!	☐

💡 *The chili here is a standard version because her allrecipes ‘Quick Chili I’ link would not open for us. Check it against her copy. The cornbread is her recipe.*