🌶️ Chili & Corn Bread Lab

Culinary 1 · Unit 12 · Level 2 · after the Taco Lab



Name: _____ Date: _____ Period: _____

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 — standard version, check with Mrs. Dyches — standard version, check with Mrs. Dyches.

🧺 Quick chili (standard version)

- ☐ 🥩 **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)

- ☐ 🧈 **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

👩‍🍳 Steps: check each box when you finish

- [ ] 1 🔥 Oven to **375°F**. Spray the 8-inch pan.
- [ ] 2 🧈 Melt the butter (30-45 seconds). Beat with sugar and eggs (paddle).
- [ ] 3 🥛 Add the buttermilk. Stir in the dry mix.
- [ ] 4 🍰 Pour in the pan. Bake **30-40 minutes** (toothpick clean).
- [ ] 5 🥩 Chili: brown the beef and onion. Drain the grease.
- [ ] 6 🥫 Add beans, tomatoes, sauce, and spices.
- [ ] 7 ⏱️ Simmer **20 minutes**, stirring sometimes.
- [ ] 8 🍽️ Serve chili with cornbread. 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.*