

The

Vegan Hydroponic Chili

Materials:

- 1 lb. dry pinto beans (from Hydroponics Challenge)
- 1 can diced tomatoes
- 1 cup wheat berries
- $\frac{1}{2}$ can corn
- $\frac{1}{2}$ diced onion
- 3 cloves minced garlic
- $\frac{1}{2}$ bunch chopped cilantro, stems and all
- 1 T oil
- 3 T red chili powder
- $\frac{1}{2}$ t paprika
- $\frac{1}{2}$ t cumin powder
- $\frac{1}{2}$ t salt

Procedure:

- Soak beans in water for $\frac{1}{2}$ day or overnight.
- Add all ingredients to crock pot.
- Cook on low (at least 140° F) overnight.
- Serve with cilantro leaves, cheese, and sour cream.

Students recommended items here during the Hydroponics Challenge project in science class. Don't expect to win a chili cook-off with this recipe, but people may tell you something like, "It's much better than I thought it would be."

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