

The

# Vegan Hydroponic Chili

## Materials:

- 1 lb. dry pinto beans (from Hydroponics Challenge)
- 1 can diced tomatoes
- 1 cup wheat berries
- ½ can corn
- ½ diced onion
- 3 cloves minced garlic
- ½ bunch chopped cilantro, stems and all
- 1 T oil
- 3 T red chili powder
- ½ t paprika
- ½ t cumin powder
- ½ t salt

## Procedure:

- Soak beans in water for ½ 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."

Stevens Middle School 8<sup>th</sup> Grade Science 2026

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