

Southwest Chili and Corn Muffins (half recipe)	Southwest Chili and Corn Muffins (standard recipe)	Southwest Chili and Corn Muffins (double recipe)
1 bell pepper(s) (green)	1 bell pepper(s) (green)	2 bell pepper(s) (green)
1 package corn (frozen)	1 package corn (frozen)	1 package corn (frozen)
1 bulb garlic	1 bulb garlic	1 bulb garlic
1 onion(s) (yellow)	2 onion(s) (yellow)	4 onion(s) (yellow)
2 (15 oz) can(s) beans (mixed: black, red and pinto)	4 (15 oz) can(s) beans (mixed: black, red and pinto)	8 (15 oz) can(s) beans (mixed: black, red and pinto)
1 (7 oz) can(s) chipotle pepper (in Adobo sauce)	1 (7 oz) can(s) chipotle pepper (in Adobo sauce)	1 (7 oz) can(s) chipotle pepper (in Adobo sauce)
1 (15 oz) can(s) diced tomatoes	1 (15 oz) can(s) diced tomatoes	2 (15 oz) can(s) diced tomatoes
1 (6 oz) can(s) tomato paste	1 (6 oz) can(s) tomato paste	2 (6 oz) can(s) tomato paste
0.5 cup(s) almond or soy milk (unsweetened)	1 cup(s) almond or soy milk (unsweetened)	2 cup(s) almond or soy milk (unsweetened)
<i>0.5 Tbsp apple cider vinegar</i>	<i>1 Tbsp apple cider vinegar</i>	<i>2 Tbsp apple cider vinegar</i>
<i>1 tsp baking powder</i>	<i>1 tsp baking powder</i>	<i>1 tsp baking powder</i>
<i>1.5 Tbsp coconut oil</i>	<i>3 Tbsp coconut oil</i>	<i>4 Tbsp coconut oil</i>
<i>0.5 cup(s) corn meal</i>	<i>1 cup(s) corn meal</i>	<i>2 cup(s) corn meal</i>
<i>0.5 tsp cumin</i>	<i>1 tsp cumin</i>	<i>2 tsp cumin</i>
<i>red pepper</i>	<i>red pepper</i>	<i>red pepper</i>
<i>1 Tbsp sugar (or Xylitol)</i>	<i>2 Tbsp sugar (or Xylitol)</i>	<i>4 Tbsp sugar (or Xylitol)</i>
<i>0.5 cup(s) whole wheat flour</i>	<i>1 cup(s) whole wheat flour</i>	<i>2 cup(s) whole wheat flour</i>
(don't forget) greens	(don't forget) greens	(don't forget) greens