

## GN-000-26, CCNE: Texas Chili Cook-Off

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

**Part 1: Planning the Nutrition Education Session** - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

**Part 2: Session Outline** - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

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### Snapshot of Group Session:

**CCNE Lesson title:** Texas Chili Cook-off

**Developed by:** University of Texas at Austin & Texas WIC Staff

**Date Developed:** 01/2011

**Approved by:** Texas WIC State Office

**NE Code:** GN-000-26

**Class Description:** This lesson is a cooking demonstration of the Texas Chili recipe found in the participant education brochure, "Your Guide to WIC Foods". This lesson uses hands-on activities as well as group discussion in order to build skill, increase self-efficacy and reduce barriers to cooking with WIC foods. This lesson includes options for clinics that do cooking classes as well as non-cooking options for clinics that do not cook on-site. The non-cooking option uses video segments and describes the process for making Texas Chili. Be sure to follow your local agency's food safety guidelines.

**Target Audience:** General, Parents

**Type of Learning Activities:** Facilitated discussion, cooking demonstration, hands on activity

## Part 1: Planning the Nutrition Education Session

Lesson: GN-000-26, CCNE: Texas Chili Cook-off

Item	Notes for Planning the Session
<p><b>Learning Objective(s)</b> – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> <li>• Share cooking tips and recipes that they use at home.</li> <li>• Identify recipe tips that can help decrease preparation time.</li> <li>• Express confidence that they can make this recipe at home.</li> </ul>
<p><b>Key Content Points</b> – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> <li>1. Making Texas Chili and cooking at home can be fun and easy</li> <li>2. There are many shortcuts to decrease the time it takes to prepare recipes</li> <li>3. Texas Chili is a good source of nutrients, can be inexpensive to make, and tastes great</li> </ol>
<p><b>Materials</b> – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<p>Texas Chili recipe handout</p> <p>Recipe ingredients</p> <ul style="list-style-type: none"> <li>• 2 cups pinto or kidney beans (dry or canned)</li> <li>• 2 pounds lean ground turkey or beef</li> <li>• 2 tablespoons canola oil</li> <li>• 1 ½ cups onion</li> <li>• 1-2 garlic cloves</li> <li>• 2 large green bell peppers</li> <li>• 1 teaspoon ground cumin</li> <li>• 3 tablespoons chili powder</li> <li>• Pinch cayenne pepper</li> <li>• 1 teaspoon dried oregano (optional)</li> <li>• 4 cups chopped tomatoes (fresh or canned)</li> <li>• 2 cups water</li> <li>• Salt to taste (optional)</li> <li>• Grated cheddar cheese (optional)</li> </ul> <p>Cooking utensils</p> <ul style="list-style-type: none"> <li>• 2 large pots with lids</li> <li>• Large pan</li> <li>• Measuring cups and spoons</li> <li>• Spatula</li> </ul>

	<ul style="list-style-type: none"> <li>• Large spoon</li> <li>• If cooking: stove/electric burner</li> </ul> <p>Optional</p> <ul style="list-style-type: none"> <li>• Spoons, bowls and napkins for serving</li> <li>• Your Guide to WIC Foods, stock # 13-06-13178</li> <li>• TV with DVD player</li> <li>• DVD: Feeding, Cooking and Shopping for Healthy Families: stock no. DV0609</li> </ul>
<p><b>Resources</b> – Review current WIC resources or other reliable resources like WIC Works.</p>	<ol style="list-style-type: none"> <li>1. Your Guide to WIC Foods, stock # 13-06-13178</li> <li>2. DVD: Feeding, Cooking and Shopping for Healthy Families, stock no. DV0609</li> <li>3. Food Safety Tips: <a href="http://www.fightbac.org">www.fightbac.org</a></li> </ol>

***Class Flow & Set Up –***  
*Consider the flow of the session & room set-up. Note any extra preparation that may be needed.*

Various cooking demonstration options are available for each step of recipe preparation.

1. **From scratch:** have participants help prepare parts of the recipe.
2. **Assembly only:** have some or all ingredients prepared ahead of time.
3. **Video:** use video to demonstrate techniques.

Choose one of these options for each step of the recipe preparation. Details for each option and discussion questions for each step are included.

Consider arranging chairs in a semicircle around the demonstration area.

Participants should be encouraged to participate and help with cooking tasks as applicable.

**Food Safety Note:**

Be sure to follow your local agency's food safety guidelines.

A few tips include:

- Clean: Wash hands often and disinfect surfaces.
- Separate: Do not cross-contaminate (i.e. raw meats & ready to eat vegetables).
- Cook: Cook to proper temperature.
- Chill: Refrigerate promptly. Do not keep ready to eat foods at room temperature for greater than 2 hours.
- Store: Keep cold foods cold (at or below 40°F) and hot foods hot (at or above 140°F).

For more information visit <http://www.fightbac.org/safe-food-handling>

## Part 2: Session Outline

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Item	Notes for Conducting the Session
<p><b>Introduction:</b> Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</p>	<p>Example: “Welcome, thank you for coming today! My name is _____. Today we are going to learn about how fun and easy it is to make Texas Chili, one of the recipes in “Your Guide to WIC Foods”. You and your children will also get to sample the Texas Chili (if applicable), and hopefully after today’s fun class, you will want to try this at home!”</p>
<p><b>Icebreaker:</b> Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>Ask participants to share their name, the names and ages of their children and a funny or memorable food experience that they’ve had with their child.</p>
<p><b>Activities:</b> For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>Hand out Texas Chili recipe handout.</p> <p>Find out if anyone has made chili or the WIC Texas Chili before. Invite participants to share tips or ideas throughout the class and explain that everyone will get a chance to help make today’s chili.</p> <p>Show ingredients and utensils that will be used.</p> <p>The following section describes the steps for preparing Texas Chili and provides several in-class options as well as suggested discussion questions for each step. Choose from the various options in order to meet the needs of your clinic and class size.</p> <p><b><u>Step 1: Prepare beans in advance or use canned whole pinto or kidney beans.</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>Option 1:</u></b> Demo of bean preparation: (2-3 min) <ul style="list-style-type: none"> <li>○ If using dry beans: show the bag of dried beans and demonstrate the process of bean preparation (add dry beans to a large pot, cover with water and soak overnight or 6-8 hours. Drain the water, add fresh water and cook to a boil. Cover, reduce heat and simmer for 1 ½ to 2 hours or until tender).</li> <li>○ If using canned beans: show rinsed canned beans or demonstrate rinsing.</li> </ul> </li> </ul>

Item	Notes for Conducting the Session
	<ul style="list-style-type: none"> <li>• <u>Option 2:</u> Have a participant demonstrate the steps of bean preparation listed above. (2-3 min)</li> <li>• <u>Option 3:</u> Show the video segment of Chef Raul and Letty describing how to prepare beans. (start video at 1:00, end at 1:25)</li> <li>• <b>There are several different ways to use beans. What other recipes or meals do you prepare at home using beans?</b></li> <li>• <b>What are some things we can do to make this step faster?</b> <ul style="list-style-type: none"> <li>○ [Soak beans the night before, use canned or leftover beans.]</li> </ul> </li> <li>• <b>Why are beans a healthy food?</b> <ul style="list-style-type: none"> <li>○ [High in fiber, good source of protein.]</li> </ul> </li> </ul> <p><b><u>STEP 2: Brown the turkey or ground beef (optional).</u></b></p> <ul style="list-style-type: none"> <li>• <u>Option 1:</u> Demo of meat browning: (5-7 min) <ul style="list-style-type: none"> <li>○ Place meat in the large pan over medium high heat and use spatula to continually stir and break up meat pieces. Drain meat and set aside.</li> </ul> </li> <li>• <u>Option 2:</u> Have a participant volunteer to brown the meat. (5-7 min)</li> <li>• <u>Option 3:</u> Use previously browned meat and have participants describe the process. (2 min)</li> <li>• <u>Option 4:</u> Show the video segment of Letty browning the meat. (start video at 1:25, end at 2:07)</li> <li>• <b>Why is it good to cook with lean meats?</b> <ul style="list-style-type: none"> <li>○ [Less fat.]</li> </ul> </li> <li>• <b>What can we do to make this chili vegetarian?</b> <ul style="list-style-type: none"> <li>○ [Prepare without meat, try adding tofu, or adding more beans.]</li> </ul> </li> <li>• <b>What are some ways that we save time at this step when we prepare this recipe?</b> <ul style="list-style-type: none"> <li>○ [Use leftover taco meat, hamburger meat, meatballs or previously cooked ground beef or turkey.]</li> </ul> </li> </ul> <p><b><u>STEP 3: Prepare the vegetables (bell pepper, onion, garlic, fresh/canned tomatoes).</u></b></p> <ul style="list-style-type: none"> <li>• <u>Option 1:</u> Prepare the vegetables in class and describe each process. (5-7 min) <ul style="list-style-type: none"> <li>○ Core, seed and chop a green pepper, chop an onion, mince garlic, and chop fresh tomatoes (or use canned tomatoes).</li> </ul> </li> </ul>

Item	Notes for Conducting the Session
	<ul style="list-style-type: none"> <li>• <u>Option 2:</u> Have participants prepare the vegetables and describe each process. (5-8 min)</li> <li>• <u>Option 3:</u> Prepare the vegetables before class. (2 min) <ul style="list-style-type: none"> <li>○ Have participants describe how to core, seed and chop a green pepper, chop and onion, mince garlic, and chop fresh tomatoes.</li> </ul> </li> <li>• <u>Option 4:</u> Show video clip segment of Chef Raul preparing the vegetables (start video at 2:07, end at 3:05).</li> <li>• <b>Why are these and other vegetables good for us?</b> <ul style="list-style-type: none"> <li>○ [Vitamins, fiber, variety of colors provide different nutrients.]</li> </ul> </li> <li>• <b>What are some other meals that you can add or hide vegetables in that your kids love to eat?</b> <ul style="list-style-type: none"> <li>○ [Pizzas, soups, burritos.]</li> </ul> </li> <li>• <b>What are some of the differences between cooking with fresh, frozen, or canned?</b> <ul style="list-style-type: none"> <li>○ [Availability, ease, shelf-life, nutrient content, taste.]</li> </ul> </li> <li>• <b>How can we save time at this step when we prepare this recipe?</b> <ul style="list-style-type: none"> <li>○ [Using canned, frozen, or already prepared vegetables.]</li> </ul> </li> </ul> <p><b><u>STEP 4: Putting it all together.</u></b></p> <ul style="list-style-type: none"> <li>• <u>Option 1:</u> Put it all together in class. (2-3 min) <ul style="list-style-type: none"> <li>○ Heat the canola oil in a large pot.</li> <li>○ Add onion, garlic, green peppers, cumin, chili powder, cayenne, and oregano. Cook, stirring occasionally for 5 minutes.</li> <li>○ Add tomatoes, water, salt, cooked drained beans and cooked meat.</li> <li>○ Bring to a boil.</li> <li>○ Reduce heat and simmer for up to 2 hours.</li> <li>○ Have a pot ready for participants to sample.</li> <li>○ Option a1: Serve with grated cheddar cheese.</li> </ul> </li> <li>• <u>Option 2:</u> Have volunteers do the task described above and have a pot ready for participants to sample. (2-3 min)</li> <li>• <u>Option 3:</u> Take out a pot of finished chili and describe the steps outlined above or have participants describe the steps. (2-5 min)</li> <li>• <u>Option 4:</u> Show the video clip segment of Letty and Chef Raul putting the chili together (start video at 3:05, end at 5:08).</li> </ul> <p>If applicable, serve chili to participants or allow participants to serve</p>

Item	Notes for Conducting the Session
	<p>themselves samples of chili.</p> <ul style="list-style-type: none"> <li>• <b>What are some other vegetables can we add to this recipe?</b> <ul style="list-style-type: none"> <li>○ [Corn, red pepper, zucchini, etc.]</li> </ul> </li> <li>• <b>What are some ways to serve this chili?</b> <ul style="list-style-type: none"> <li>○ [Over brown rice, with corn chips, in a taco with corn tortillas, as a soup, over a salad.]</li> </ul> </li> <li>• <b>What are some things we can do with left over chili?</b> <ul style="list-style-type: none"> <li>○ [Freeze it for another day, mix with eggs for a hearty breakfast, make a corn bread casserole, make tacos, etc.]</li> </ul> </li> </ul>
<p><b>Review and Evaluations:</b>  <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p><b>What surprised you about this recipe?</b></p> <p><b>How do you feel about making this recipe?</b></p> <p><b>What are some of the advantages of this chili recipe?</b>          [Recipe has a large yield so it can serve a lot of people; it can be frozen and used for another meal; it is high in nutrients and low in fat if using lean meats; there are many shortcuts for decreasing preparation time; chili can be served many different ways; all ingredients are WIC foods except for ground meat and spices, so this chili can be very inexpensive to make.]</p>
<p><b>Personal Review of Session (afterward):</b> <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><b><i>What went well?</i></b></p> <p><b><i>What did not go as well?</i></b></p> <p><b><i>What will you do the same way the next time you give this class?</i></b></p>
<p><b>Supplemental Information –</b>  <i>Describe any attachments and include any other needed information.</i></p>	



## Texas Chili

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Servings: 10, Serving Size: 1 cup, Preparation Time: 30 minutes, Cooking Time: 2 hours

### Ingredients:

- 2 cups beans or kidney beans (use cooked or canned, drained and rinsed beans)
- 2 pounds lean ground turkey or beef
- 2 tablespoons canola oil
- 1 ½ cups finely chopped yellow onion
- 1 – 2 chopped garlic cloves
- 2 large green bell peppers, cored, seeded, and chopped
- 2 cups water
- 1 teaspoon ground cumin
- 4 teaspoons chili powder
- Pinch of cayenne pepper
- 1 teaspoon dried oregano (optional)
- 4 cups chopped fresh or canned tomatoes
- Salt to taste (optional)
- Grated cheddar cheese (optional)

### Directions:

Heat a large pot over medium high heat. Add ground beef or turkey, stirring often, until just cooked through. Drain meat, discarding any fat, and transfer cooked meat to a bowl; set aside. Heat oil in the same pot that the meat was cooked in. Add onions, garlic, bell pepper, cumin, chili powder, and oregano, and cook, stirring occasionally for 5 minutes. Add tomatoes, water, salt, beans, and cooked meat. Bring to a boil. Reduce heat and simmer, covered for 1 ½ hours to 2 hours. Spoon into bowls and garnish with cheese if you like. Enjoy!

### Each serving provides:

- Calories: 349
- Fat: 13 grams
- Protein: 30 grams
- Carbohydrate: 32 grams
- Sodium: 184 mg (higher if using canned beans)
- Fiber: 12 gram

### My Recipe Ideas:

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