



Microwave Chili in a Mug with Spiced Sour Cream

By Jacy Shoener

Prep Time 13 / **Cook Time** 6 / **Serves** 1 - 1

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

crush: to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

slice: to cut into thin pieces using a sawing motion with your knife.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Paper towels
- ☐ Measuring spoons
- ☐ Metal spoon for stirring
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Plastic wrap for crushing bouillon cube if needed

- ☐ Can opener
- ☐ Strainer or colander
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Small bowl
- ☐ Whisk

Ingredients

Microwave Chili in a Mug with Spiced Sour Cream

- ☐ 1 T butter ****(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)****
- ☐ 1/2 tsp minced garlic
- ☐ 1/8 tsp ground cumin
- ☐ 1/8 tsp ground paprika, sweet or smoked ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1 tiny pinch chili powder ****(Omit for NIGHTSHADE ALLERGY or sub ground cumin or cinnamon)****
- ☐ 1 thick slice of white or yellow onion, finely chopped
- ☐ 1/4 vegetable bouillon cube, equal to 1/8 tsp ******
- ☐ 1/2 C canned diced fire-roasted tomatoes, drained with juice reserved ****(Omit for NIGHTSHADE ALLERGY or sub 1/2 C cooked, diced carrots or beets)****
- ☐ 1/2 C canned red kidney beans, drained and rinsed ****(for LEGUME ALLERGY sub 1/2 C chopped portobello mushrooms or frozen diced potatoes)****
- ☐ 1/2 T dark chocolate or semi-sweet chocolate chips, optional ****(Omit for CHOCOLATE ALLERGY or sub carob chips; omit for DAIRY/NUT/SOY ALLERGY or use Enjoy Life brand chocolate chips)****
- ☐ 2 T shredded cheddar or Monterey jack cheese, optional ****(Omit for DAIRY ALLERGY or sub dairy-free/nut-free cheese shreds, like Daiya brand)****
- ☐ 1 T C sour cream ****(for DAIRY ALLERGY sub dairy-free/nut-free sour cream or plain yogurt)****
- ☐ 1 pinch ground coriander

Food Allergen Substitutions

Microwave Chili in a Mug with Spiced Sour Cream

Butter/Dairy: Substitute dairy-free/nut-free butter, like Earth Balance brand. Omit cheese or substitute

dairy-free/nut-free cheese shreds, like Daiya brand. Substitute dairy-free/nut-free sour cream or plain yogurt.

Nightshade: Omit ground paprika. Omit chili powder or substitute ground cumin or cinnamon. For 1/2 C canned diced fire-roasted tomatoes, substitute 1/2 C cooked, diced carrots or beets.

Gluten/Soy/Nightshade: Check bouillon label for possible allergens and omit if necessary.

Legumes: For 1/2 C canned red kidney beans, substitute 1/2 C chopped portobello mushrooms or frozen diced potatoes

Chocolate: Omit optional chocolate chips or substitute carob chips.

Dairy/Nut/Soy: Omit chocolate chips or use Enjoy Life brand chocolate chips.

Instructions

Microwave Chili in a Mug with Spiced Sour Cream

measure + stir

Measure **1 tablespoon of butter** and add it to a microwave-safe mug. Measure and stir in the following: **1/2 teaspoon minced garlic, 1/8 teaspoon cumin, 1/8 teaspoon paprika, and 1 tiny pinch of chili powder.**

slice + chop

Slice off **1 thick ring of onion** and chop it into very small pieces. Then, add the chopped onions to the mug.

cover + melt

Cover the mug with a damp paper towel. Cook on high for 30 seconds to melt the butter. Let the mug stand in the microwave for about a minute.

crush + measure + stir

Take **1 bouillon cube**, and if it is soft enough, use a knife to cut it into 4 equal pieces. Place **1/4 cube** into the mug. If the bouillon cube is too hard, place it in plastic wrap and microwave for 15 to 30 seconds. Using your fingers or bottom of a mug, crush the cube in the wrap. Once it is crushed into coarse powder, measure **1/8 teaspoon bouillon** and add it to the mug. Stir the contents of the mug.

drain + measure

Drain **1 can of diced tomatoes**, collecting the liquid into a liquid measuring cup. Measure and add **1/2 cup of diced tomatoes** to the mug.

drain + rinse

Drain and rinse **1 can of red kidney beans** in a colander. Measure and add **1/2 cup of red kidney beans** to the mug.

stir + microwave

Stir the contents of the mug. Cover with a damp paper towel. Cook for 2 minutes on high. Let the mug rest in the microwave for 1 minute. Carefully remove the mug using a potholder.

stir + measure + microwave

Stir the contents of the mug. If the chili mixture appears dry, measure and add **1/2 tablespoon of reserved tomato juice** to the mug and stir. Measure and add **1/2 tablespoon of chocolate chips** to the mug if using. Cover with a damp paper towel and cook for 1 minute on 50 percent power. Let the mug rest in the microwave for at least one 1 minute while you make the Spiced Sour Cream.

measure + whisk

In a small bowl, whisk together **1 tablespoon of sour cream** and **1 pinch of coriander**.

measure + mix

Measure and mix 2 tablespoons of shredded cheese into the chili if using.

dollop + serve

Dollop the Spiced Sour Cream on top of the Microwave Chili in a Mug and serve.

Featured Ingredient: Beans!

Hi! I'm a Bean!

"Hey! How've you bean ... I mean, been? My name is Cannellini, and I'm a white bean! We beans go back a long, long time. A couple of my cousins are the Navy bean and the Great Northern bean. You can add us to soups, stews, and chili, or eat us all by ourselves! We sometimes cause tummies to inflate (you know, get gassy?), but soaking, draining, and rinsing dried beans really well might help prevent that from happening. Did you know that Senate Bean Soup is on the menu at the US Senate's Dirksen Café every single day?! I'm inflating with pride just thinking about that!"

History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein.

Today, the largest commercial producers of common dried beans are India, China, Indonesia, Brazil, and the United States.

North Dakota grows forty percent of the beans in the US, more than any other state!

Brazil grows the most beans in the world.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they're popped from their shells.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are

made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

Beany Expressions:

Bean counter = an accountant

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth