

Cooking doesn't have to be a dreaded chore. It's a great way to spend time with your family. Teach your kids how to cook and learn from them!

Here's Andrew's Chili in the making:

### The Ingredients



Spices, Tomatoes, Peppers, Onions, Beans... "where's the beef?"

We keep lots of herbs and spices in our cupboard. The garlic, peppers and onions all came from the Veggie Drop at St. John's/LUM Food Pantry. Beans and tomato products are almost ALWAYS available at our local pantries.



Future Chef Andrew learns how to mince garlic. Rock the blade over the smashed garlic clove. Keep your fingers out of the way please.



There's the beef, browning in a large stock pot.

Ground beef and ground turkey are available at some of the local pantries.



I line a bowl with foil and pour the grease into it. When the grease is solidified, wrap up the foil and throw it all away, that way I can recycle the cans and I don't melt plastic containers with the hot grease.



Meat is cooked, Onions, Peppers, Garlic added. Now let's spice it up!



Let the whole thing simmer. That smells so good!



Is it ready yet? Andrew's brother Connor is the taste tester.