



WISCONSIN



Wisconsin Solar Oven–Simmered Chili

LIAM KIVIRIST, 11

We love cooking with garden vegetables,
Which on our Wisconsin farm we grow.
We raise veggies with compost, mulch and love.
Organic agriculture is what we know.
But our favorite chili recipe comes with two twists:
First, pumpkin adds a dash of sweet.
Garden tomatoes, onions, garlic, and peppers,
Give it fresh, delicious flavor that can't be beat.
The second twist is how we cook on the farm,
We harness the heat of the sun during the day,
We put the chili pot in a solar oven and simmer,
It's super kind to the earth to cook this way.
Invite your neighbors as this makes a big pot,
Serve with fruit kabobs for a healthy meal sure to please,
Top with Greek yogurt and don't forget,
To sprinkle on some fabulous Wisconsin cheese!
—Lisa Cindy Kivirist

Makes 8 servings

INGREDIENTS

1/2 pound lean ground turkey
1 medium onion, diced
3 cloves garlic, minced
1 red bell pepper, seeded and diced
1 green bell pepper, seeded and diced
1 cup tomato sauce
2 medium tomatoes, diced
1 (15-ounce) can black beans, rinsed and drained
1 (15-ounce) can kidney beans, rinsed and drained
1 (15-ounce) can pumpkin purée
1 cup low-sodium chicken broth
2 teaspoons chili powder
2 teaspoons ground cumin
1 teaspoon paprika
1 teaspoon ground cinnamon
1 teaspoon sea salt
1/2 cup cooked quinoa
Optional toppings: Plain Greek-style yogurt, shredded cheddar cheese

