

Veggie Chili & Roasted Brussels Sprouts and Watermelon Radishes

Adapted from [The Endless Meal](#) & [Full Circle](#)



1 cup of *beans*, soaked: place beans in a large bowl, fill with water until two inches of extra water is above the beans. Soak for 6-10 hours, drain and refrigerate until ready to use.

2 tablespoons olive oil

1 large *onion*, diced

4 cloves *garlic*, minced

1-3 tablespoons chili powder, more will be spicier

2 tablespoons ground cumin

1 teaspoon oregano

2 medium bell peppers, diced

2 medium *carrots*, diced

1 *celeriac*, skin removed and insides diced

2 x 28-ounce cans of diced tomatoes and their juice

1-2 cups frozen or canned corn

Salt, to taste

1. Make sure your beans were soaked!
2. Heat the oil in a large pot over medium-high heat. Add the onion and celeriac and sauté for about 5 minutes. Add the garlic and sauté for 5 minutes more.
3. Add the chili powder, oregano and cumin and stir. Add the carrots and bell peppers. Cook for 10 minutes.
4. Add the tomatoes and their juices. Bring to a very light simmer. Simmer on very low for 30 minutes, stirring occasionally.
5. Add the beans and corn and simmer for another 10 minutes.
6. Let cool, and voila!

1lb of *Brussels sprouts*, halved and outer leaves removed

1 bunch of *radishes*, halved

2 tablespoons of olive oil

½ tsp of salt

1 tsp of pepper

¼ cup balsamic vinegar (optional)

1. Preheat oven to 400°F
2. Toss prepared Brussels sprouts and radishes in large bowl with olive oil and a sprinkling of salt and pepper to taste. Space evenly in a single layer on a sheet pan and place on top rack.
3. Roast for 30 minutes or until radishes and sprouts begin to brown.
4. Optional: Add balsamic vinegar to a small sauce pan, and bring to a boil. Cook until the liquid is thick and syrupy – this happens fast. Drizzle on top of the roasted vegs.

#localfoodclub

Welcome to the final Local Food Club pack of 2021! It has been a wild year to say the least, so we hope this cozy local meal helps you relax and wind down. We are so pleased that of our ingredients for this pack, all but one came right from within the Headwaters region backyard. The beans are not technically not grown in Headwaters but come from our next door neighbours in New Lowell.

Please don't hesitate to reach out and give us any feedback you may have! Your suggestions, input, and feedback helps us grow. Reach out over email or our social media!

We would like to wish you all the most merry and peaceful holiday season. We are thankful for so many new and old friends to share and love local food with!

Cutting up the celeriac is very similar to how we prepped kohlrabi last month!

- 1) Carefully cut off the bottom and top so you have a flat surface to then place down on the cutting board.
- 2) Now on one of its flat sides, use your knife to remove the skin and outer edges, leaving only the pale insides.
- 3) Once you just have the pale innards (that kind of looks like the inside of a potato) simply dice it up.

Celeriac may be less than pleasant to look at, and no doubt any kids (or adults) in the house will at first turn up their noses. Make it fun! Once its skins are removed, ask the family to give the celeriac pieces a whiff and see if they can guess what it smells like. Once in the chili it will just look like some potato, but with a classic celery taste.

From the LFC Test Kitchen

If you're a family that has any aversions to spice, just use 1 tablespoon of chili powder. The average family would likely use 2. Make sure not to boil your chili. You want it hot enough that it's steaming, but not a rapid boil during its last 30 minutes. Once the chili is simmering, start your Brussels sprouts and radishes.

Now You Know

Sadly, watermelon radishes do not taste just like watermelon. However, they do have a wonderfully sweet but peppery taste! These beautiful veggies are part of the Brassicaceae family, just like the Brussels sprouts they're paired with. We knew the unique burst of colour from these radishes was a must for this pack!

this month's local food is from...

Celeriac & Watermelon Radishes

Fiddle Foot Farm

fiddlefootfarm.com

Bread

Amanda's Country Bakery

amandascountrybakery.ca

Allergen-friendly bread

Shine Baking Co

shine-baking-co.business.site

Garlic

Albion Hills Community Farm

albionhillscommunityfarm.org

Brussels Sprouts

Lennox Farm

lennoxfarm.ca

Carrots & Onions

Am Braigh Farm

ambraighfarm.com

Beans

Fresh Acres

freshacres.ca

