

## Peoria Grown Class

Taft Homes 1/10/19

### Winter White Chili

From: National Pork Board

Servings: 6

Cook Time: 20 min.

#### Ingredients

- 1 lb lean ground pork
- 1 medium onion, diced
- 1 Tbs ground cumin
- 2 tsp chili powder
- 1 16-ounce can white beans, drained
- 1 14-ounce can corn, drained
- 1 14-1/2-ounce can chicken broth
- 1 4-oz. can diced green chilies

#### Directions

1. In large saucepan, brown pork with onion, stir in cumin and chili powder; stir well. Stir in remaining ingredients; bring to a boil, cover and simmer for 15-20 minutes, until heated through and flavors are blended.

Recipe courtesy of the National Pork Board

### Pear Lettuce Wrap

Servings: 15

Prep Time: 15 min.

#### Ingredients

- 1/3 cup mayonnaise
- 3 Tbs rice wine vinegar or white wine vinegar
- 2 pears
- 1 head butter lettuce leaves, washed, trimmed
- 2 cups mushrooms, thinly sliced
- 1 1/2 cups carrots, peeled and grated
- 4 tsp sesame seeds, toasted

#### Directions

2. Whisk mayonnaise and vinegar in medium bowl until blended.
3. Slice pear stem side up into 12 quarter-inch width vertical planks. Cut pieces into thin julienne slices. Place in bowl with dressing and toss until coated.
4. Place lettuce leaves on plate and top with mushrooms, carrots and pears. Drizzle any remaining dressing in bowl over pears. Sprinkle with sesame seeds and serve.

<https://www.hy-vee.com/health/healthnotes/default.aspx?%2fassets%2frecipe%2fwasabi-pear-lettuce-wrap%2f%7edefaul>