

Team: Belmont ECO Club
Username: belmonteco
School: Belmont University

Entree: Vegetarian Chili

Side: Bread

Veggie: Apples (we decided to do a fruit because our entree had SO many veggies)

Where were the ingredients sourced? Squash, jalapeno, onion, garlic, apples, potatoes, and yellow bell pepper were all sourced from the Nashville farmers market! In addition tomatoes and carrots were from a friend who had them and they were going bad too quickly so we took them! The bread we used for the side of our dish was from our friend Frances who makes Challah, a traditional Jewish bread, from scratch every Friday. She graciously gave us the leftovers for our meal. The vegetable broth, kidney beans, and pinto beans were sourced from Kroger, we would have LOVED to buy everything locally or get it from somewhere where it would typically go to waste. Unfortunately, we couldn't find all of our ingredients that way. We also already had olive oil, salt, peper, and chili powder in our apartment!

What % of FLOSN ingredients were used? We used a total of 16 ingredients of which unfortunately only 7 were fully FLOSN (43%), however we did try our best to get some aspects of FLOSN in most of our ingredients!

What did we learn? We learned that making a dish that is 100% FLOSN is very difficult! We also learned asking your friends if they have any produce that is going to waste is a very wise idea! We were able to get several ingredients just by asking our friends if they had accidentally bought too much! This helped to reduce food waste and cost!

How easy was it to stay on budget? (under \$4 per person) While \$4 per person is a tight budget it was obtainable for us because we made lots of soup to feed lots of our friends! We learned that the marginal cost goes down with each bowl you make!

How expensive were FLOSN foods relative to non-FLOSN? Shockingly they were not that much more expensive! The in season vegetables are much easier to grow and thus are much cheaper then out of season veggies!

How far did we have to travel to get our food? We are thankful that we live in a city with lots of grocery stores and farmers markets so we only had to travel a few miles!

How far did the food have to travel to be at the market or Kroger? There are so many farmers markets in Nashville for farmers to choose from to sell their produce so we guess that the farmers drove less than an hour to be there!

Recipe

We used this recipe but altered it to be more eco friendly! So we substituted the corn (out of season) with potatoes (in season). Then we swapped the large carrot for baby carrots because that is what we had available. Finally we used fresh tomatoes instead of cans because that is what we were given!

VEGETARIAN CHILI

Summer Sherrod University of Arkansas Fayetteville, Arkansas

Chili is incredibly customizable. If you don't like black beans you can use kidney beans and pinto beans or even garbanzos and it's still great. Want spicier? Leave the seeds in the jalapeno or use a few extra teaspoons of chili powder. If you are a meat-eater, simmer some pasture-raised ground beef with the veggies. For the non-vegans, cheddar cheese is a great topper to add to your bowl. This recipe is completely customizable to your dietary needs or garden supply. Feel free to experiment and make it your own!

Serves 3

1 large onion	1 pound squash
1 large carrot	1 carton (32 ounces) vegetable broth
1 bell pepper (any color)	4 cans of beans (any combination of black beans, kidney beans and pinto beans)
1-2 Tablespoons olive oil	1 cup corn
1 jalapeno pepper	1 clove garlic, minced
2 cans stewed tomatoes	2-4 teaspoons chili powder

Finely chop the onion, carrot, and bell pepper and saute them for about 5 minutes in olive oil. Remove seeds from the jalapeno, combine with 2 cans of tomatoes and add to blender. Blend until smooth. In a veggie steamer or metal colander over boiling water, steam the squash until it is halfway cooked. Add all ingredients to a large cooking pot. Simmer for 1 hour. Best served hot with crackers.

Meal prep/making pictures



^our ingredients



^starting to cook our vegetables



^our tomato and jalapeno puree



^adding in the broth



^Frances bringing us Challah



^final dinner!!!

How will we manage our leftovers and waste?

We gave all our soup to roommates and friends and used the leftover veggies that didn't make it in for snack!



Instagram Post:

