

OREGANO

Selection Info

Choose oregano with undamaged leaves and firm stems.

Preparation

Rinse in a cool stream of water and pat dry when ready to use. Remove the leaves from stems or roll up the leaves tightly together and chop them with a nonserrated knife.

Add fresh oregano to recipes toward the end of cooking to savor their flavor.

Storage

Short-Term Storage: Store fresh oregano by wrapping it in a damp paper towel and storing it in an open plastic bag in the refrigerator. You can store it this way for up to 5 days.

Long-Term Storage: Oregano can be frozen or dried.

To freeze oregano, first clean and remove the leaves from the stem. Place the leaves in single layer on a cookie sheet and freeze. Once frozen, place the leaves in labeled and dated freezer-proof bag, and place back in freezer.

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VEGETABLE CHILI

Ingredients

- 2 tablespoons vegetable oil
- 2 onions (peeled and coarsely chopped)
- 2 zucchini (summer squash) (cubed)
- 2 sweet potatoes (peeled and cubed)
- 3 cloves garlic (peeled and minced)
- 2 teaspoons ground cumin
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 3 16-ounce cans low-sodium dark red kidney beans (drained and rinsed)
- 2 14.5-ounce cans low-sodium diced tomatoes
- 2 cups sweet corn (removed from cob)



Learn more about **OREGANO** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/foodphp/food-oregano>.

 **Share your recipes!**

Directions

1. Heat a large pot over medium heat. When it is hot, add the oil.
2. Add the onions, summer squash, sweet potatoes, garlic, and spices and cook, stirring occasionally, for 20 minutes.
3. Add the kidney beans and tomatoes. Stir and cover. Cook until the squash is tender (about 30 minutes).
4. Add the corn and cook until warmed throughout.
5. Serve right away or transfer to a container once cooled. Refrigerate up to 5 days.

Nutrition Information

Serving Size	2 cups
Nutrients	Amount
Total Calories	427
Protein	20g
Carbohydrates	78g
Dietary Fiber	21g
Total Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	480

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