



## Vegetable Chili

Our Vegetable Chili is the perfect blend of kidney beans, fresh onions, fresh green peppers, fresh jalapenos, canned tomatoes, and spices. Perfect for a cold night.

### CACFP Adult Portion Crediting Information

1 cup (8 oz spoodle) provides:

#### Legume as Meat Alternate:

$\frac{3}{8}$  cup vegetable ( $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable), 1 oz equivalent meat alternate and .25 oz equivalent grains.

OR

#### Legume as Vegetable:

$\frac{5}{8}$  cup vegetable ( $\frac{1}{4}$  cup legume vegetable,  $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable), and 0.25 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Canola oil		$\frac{1}{8}$ cup	2 oz	$\frac{1}{4}$ cup	<b>1</b> Heat oil in a large stock pot uncovered over medium-high heat.  <b>2</b> Add onions, bell peppers, and jalapeños. Sauté uncovered for 5 minutes or until tender. Stir well.
*Fresh onions, diced	12 oz	2 $\frac{1}{3}$ cups	1 lb 8 oz	1 qt $\frac{2}{3}$ cup	
*Fresh green bell peppers, diced	8 oz	1 $\frac{1}{2}$ cups	1 lb	3 cups	
*Fresh jalapeño peppers, seeded, diced		$\frac{1}{4}$ cup	2 oz	$\frac{1}{2}$ cup	<b>3</b> Add chili powder, cumin, garlic powder, ancho chili powder, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer uncovered for 15 minutes over low-medium heat. Stir well.
Chili powder		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground cumin		1/8 cup		1/4 cup	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Ancho chili powder		3 Tbsp		1/4 cup 2 Tbsp	
OR					
Mexican seasoning mix (See Notes Section)		3 Tbsp		1/4 cup 2 Tbsp	
Onion powder		1 tsp		2 tsp	
Red hot sauce (optional)		1/8 cup		1/4 cup	
Brown sugar	2 oz	1/4 cup	4 oz	1/2 cup	
Canned no-salt-added crushed tomatoes, undrained	3 lb 8 oz	1 qt 3 cups (1/2 No.10 can)	7 lb	3 qt 2 cups (1 No.10 can)	
Canned no-salt-added diced tomatoes, undrained	1 lb 4 oz	2 1/3 cups 1 Tbsp 1/4 tsp (approx. 1/4 No. 10 can)	2 lb 8 oz	1 qt 2/3 cup 2 Tbsp 1/2 tsp (approx. 1/2 No. 10 can)	
Canned low-sodium kidney beans, drained	5 lbs 4 oz	3 qt 2 cups (approx. 1 No. 10 can)	10 lb 8 oz	7 qt (approx. 2 No.10 can)	
OR					
*Dry kidney beans, cooked (See Notes Section)	5 lb 4 oz	3 qt 1 cup	10 lb 8 oz	1 gal 2 qt 2 cups	<b>4</b> Add kidney beans, bulgur wheat, vegetable broth, and water. Simmer uncovered for 15 minutes over low-medium heat. Stir well.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Bulgur wheat, dry	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Low-sodium vegetable broth		2 cups		1 qt	
Water		1 qt		2 qt	
					<b>5</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>6</b> Pour 13 lb 15 oz (1 gal 2 qt 2 cup) vegetable chili into a steam table pan, (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>7</b> Critical Control Point: Hold for hot service at 140 °F.
Low-fat sour cream	1 lb 2 oz	1 ¾ cups	2 lb 4 oz	3 ½ cups	<b>8</b> Using a No. 40 scoop, portion 1 Tbsp ⅓ tsp (about ¾ oz) sour cream into individual soufflé cups. Serve with chili.
					<b>9</b> Serve 1 cup (portion with 8 oz spoodle).

## NUTRITION INFORMATION

For 8 oz spoodle (1 cup)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>181</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	2 g
Cholesterol	10 mg
<b>Sodium</b>	<b>392 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	7 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin A	3 mcg RAE
Vitamin C	9 mg
Vitamin D	0 IU
Calcium	92 mg
Iron	2 mg
Potassium	342 mg
N/A=no data available.	

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
*Fresh onions	14 oz	1 lb 12 oz
*Fresh green bell peppers	10 oz	1 lb 4 oz
*Fresh jalapeño	1 oz	2 oz

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Mexican Seasoning Mix: Makes ¾ cup (about 4 ½ oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**How to Cook Dry Beans**

Special tip for preparing dry beans:

**SOAKING BEANS**

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**COOKING BEANS**

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

YIELD/VOLUME	
25 Servings	50 Servings
About 13 lb 15 oz	About 27 lb 14 oz
About 1 gal 2 qt 2 cups/ 1 steam table pan (12" x 20" x 4").	About 3 gal 1 qt/ 2 steam table pans (12" x 20" x 4").

**SOURCE:**  
CACFP Adult Portion Recipe Project