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 Home Childcare Crediting Information
¾ cup (½ cup and ¼ cup measuring cups or 6 fl oz spoodle) provides:
Legume as a Vegetable:
½ cup vegetable (⅛ cup additional vegetable, ¼ cup legume vegetable, ¼ cup red/orange vegetable,⅛ cup other vegetable) and 0.25 oz equivalent grains.
OR
Legume as a Meat Alternate:
⅜ cup vegetable (¼ cup red/orange vegetable, ⅛ cup other vegetable),
1 oz equivalent meat alternate, and 0.25 oz equivalent grains.

Preparation Time: 30 minutes
Cooking Time: 40 minutes

Makes: 6 servings

Ingredients

1 tsp or ¼ oz Canola oil

½ cup or 3 oz Fresh onions, diced

½ cup or 2 oz Fresh green bell peppers, diced

⅛ cup or ¼ oz Fresh jalapeño peppers, seeded, diced

¼ cup Chili powder

⅛ tsp Ground cumin

½ tsp Garlic powder

2 ¼ tsp or ¼ oz Ancho chili powder

OR

2 ¼ tsp or ¼ oz Mexican seasoning mix (See Notes Section)

¼ tsp Onion powder

⅛ tsp Red hot sauce (optional)

2 tsp or ½ oz Brown sugar

1 ½ cups or 12 ¼ oz Canned no-salt-added crushed tomatoes, undrained

½ cup or 5 oz Canned no-salt-added diced tomatoes, undrained

Directions

1. Heat oil in a large saucepan uncovered over medium-high heat.
2. Add onions, bell peppers, and jalapeños. Sauté uncovered for 5 minutes or until tender. Stir well.
3. 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.
4. Add kidney beans, bulgur wheat, vegetable broth, and water. Simmer uncovered for 15 minutes over low-medium heat. Stir well.
5. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Pour vegetable chili into large soup tureen or large bowl.
7. Critical Control Point: Hold for hot service at 140 °F
8. Using a No. 40 scoop, portion about 1 Tbsp ⅓ tsp sour cream into individual soufflé cups. Serve with chili.
9. Serve ¾ cup (portion with ½ cup and ¼ cup measuring cups or 6 fl oz spoodle).

Ingredients Continued

1 ½ cups or 11 oz Canned low-sodium kidney (beans, drained, rinsed)

OR

1 ½ cups or 11 oz *Dry kidney beans, cooked (See Notes Section)

⅓ cup or 2 oz Bulgur wheat, dry

¼ cup or 2 oz Low-sodium vegetable broth

⅔ cup or 6 oz Water

¾ cup or 4 oz Low-fat sour cream

Notes Section:

Mexican Seasoning Mix 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 black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

Source:
CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 137, **Protein** 5 g, **Carbohydrates** 20 g, **Dietary Fiber** 5 g, **Total Sugar** 7 g,
Total Fat 4 g, **Saturated Fat** 2 g, **Cholesterol** 9 mg**, Sodium** 396 mg, **Vitamin A** 3 mcg RAE,
Vitamin C 9 mg, **Vitamin D** 0 IU, **Calcium** 68 mg, **Iron** 1 mg, **Potassium** 250 mg