

**VEGETABLE CHILI****MEAL COMPONENT CONTRIBUTION:**

3 oz. eq. meat/meat alternate, ¼ cup red/orange vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ¾ cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Oil, Vegetable, #2507	1/4 cup
Onions, Frozen, Diced, #1610	2 1/2 cups
Peppers, Green, Diced, Frozen, #1613	2 cups
Chili Powder, #2703	3/4 cup
Cumin Seed, Ground, #2706	1/4 cup
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Onion Powder, #2714	2 teaspoons
Sugar, Brown, #2024	1/2 cup , packed
Tomatoes, Crushed, #10 Can, #2827	1 #10 can
Tomatoes, Diced, #10 Can, #2828	2 2/3 cups
Beans, Kidney, #10 Canned, Low Sodium, #2802	2 #10 cans
Water, Municipal, Mississippi	1/2 cup
Yogurt, Low Fat. Plain, Bulk, #1325	3 quarts
Cheese, Cheddar, Low Fat, Shredded, USDA, #B027	3 pounds + 2 ounces

**DIRECTIONS**

1. Thaw the onions and green peppers in the refrigerator overnight. On the day of assembly drain them thoroughly.
2. Heat the oil in a braising pan, steam -jacketed kettle, or large stockpot.
3. Add the onions and peppers and sauté them for 3 to 5 minutes, or until onions and peppers are tender.
4. Add the chili powder, cumin, granulated garlic, onion powder, brown sugar, and tomatoes. Simmer the mixture for 15 minutes, uncovered.
5. Add the kidney beans and water to the mixture and simmer for 15 minutes, uncovered.
6. Add the yogurt to the beans and stir to blend. Pour the Vegetable Chili into medium half steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans.  
 CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
7. Portion 1 ounce of cheese to determine the portion size
8. Serve the Vegetable Chili immediately, or cover it and place it in the warmer until ready for service.  
 CCP: Cover and hold for service at 135 degrees F or higher.

# VEGETABLE CHILI

**DIRECTIONS**

9. Portion chili with a 6 ounce ladle in soup bowl for service and 1 ounce of cheese for each portion. Each portion provides 3 oz. eq. meat/meat alternate and ¼ cup red/orange vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

**PRODUCTION NOTES**

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for entrées.

**NUTRIENTS PER SERVING**

Calories	239	Dietary Fiber	7.27 g	Sodium	472.60 mg	Sat. Fat	4.84 g
Carbohydrates	26.90 g	Protein	16.61 g	Total Fat	8.11 g	Trans Fat	0.00 g