

Vegetable Chili

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-49

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	1. Heat the oil in a steam-jacketed kettle. 2. Add the onions and sauté 3 minutes, until translucent.
*Fresh onions, chopped OR Dehydrated onions	1 lb 4 oz OR 3 ¾ oz	3 ½ cups OR 1 ½ cups 2 Tbsp	2 lb 8 oz OR 7 ½ oz	1 qt 2 ¾ cups OR 3 ¾ cups	
*Fresh green peppers, chopped OR Frozen green peppers, chopped	10 oz OR 1 lb 1 oz	1 ¾ cups 2 Tbsp OR 3 cups	1 lb 4 oz OR 2 lb 2 oz	3 ¾ cups OR 1 qt 2 cups	3. Add the green peppers and sauté 2 minutes, until tender. 4. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Chili powder	3 oz	¾ cup	6 oz	1 ½ cups	
Ground cumin	1 oz	¼ cup	2 oz	½ cup	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Red hot sauce (optional)		¼ cup		½ cup	
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup	
Canned crushed tomatoes, with juice	6 lb 6 oz	3 qt (1 No. 10 can)	12 lb 12 oz	1 gal 2 qt (2 No. 10 cans)	
Canned diced tomatoes, with juice	1 lb 2 ½ oz	2 cups 2 Tbsp (1 No. 2 ½ can)	2 lb 5 oz	1 qt ¼ cup (2 No. 2 ½ cans)	
Canned kidney beans, drained	5 lb 9 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	11 lb 2 oz	1 gal 2 ¾ qt (2 ½ No. 10 cans)	5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur	1 lb	3 cups	2 lb	1 qt 2 cups	
Water		½ cup		1 cup	
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt	6. Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

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Reduced fat Cheddar cheese, shredded	3 lb 2 oz	3 qt ½ cup	6 lb	1 gal 2 ¼ qt	8. Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.
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Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 7 oz	2 lb 14 oz
Green peppers	13 oz	1 lb 10 oz

SERVING:

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and ¼ serving of grains/breads.

YIELD:

50 Servings: about 20 lb

100 Servings: about 40 lb

VOLUME:

50 Servings: about 2 gallons 1 ½ quarts

100 Servings: about 4 gallons 2 ¾ quarts

Tested 2004

Special Tip:

This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

Nutrients Per Serving

Calories	223	Saturated Fat	3.76 g	Iron	2.26 mg
Protein	14.57 g	Cholesterol	17 mg	Calcium	333 mg
Carbohydrate	27.02 g	Vitamin A	1257 IU	Sodium	606 mg
Total Fat	7.48 g	Vitamin C	17.5 mg	Dietary Fiber	6.4 g