

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. |
|--------------------------------------|-----------|------------|------|--------------|---|

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 |