



Vegetable Chili

USDA Recipe for CACFP

Vegetable Chili is a combination of bulgur wheat, Mexican spices, black beans, crushed and diced tomatoes, and jalapeno peppers, garnished with a dollop of sour cream.

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup (6 fl oz spoodle) provides

Legume as Meat Alternate: 1 oz equivalent meat alternate and $\frac{3}{8}$ cup vegetable.

OR

Legume as Vegetable: $\frac{5}{8}$ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		$\frac{1}{8}$ cup		$\frac{1}{4}$ cup	1 Heat oil in a large stock pot uncovered over medium-high heat. 2 Add onions, bell peppers, and jalapenos. 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.
*Fresh onions, diced	12 oz	$2\frac{2}{3}$ 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 jalapeno peppers, seeded, diced		$\frac{1}{4}$ cup	2 oz	$\frac{1}{2}$ cup	
Chili powder		$\frac{3}{4}$ cup	3 oz	$1\frac{1}{2}$ cups	
Ground cumin		$\frac{1}{8}$ cup		$\frac{1}{4}$ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Ancho chili powder		3 Tbsp		¼ cup 2 Tbsp	
OR					
Mexican Seasoning Mix (see Notes)		3 Tbsp		¼ cup 2 Tbsp	
Onion powder		1 tsp		2 tsp	
Red hot sauce (optional)		⅛ cup		¼ cup	
Brown sugar	2 oz	¼ cup	4 oz	½ cup	
Canned no-salt-added crushed tomatoes, undrained	3 lb 3 oz	1 qt 2 cups (½ No. 10 can)	6 lb 6 oz	3 qt (1 No. 10 can)	
Canned no-salt- added diced tomatoes, undrained	1 lb 4 oz	2⅓ cups 1 Tbsp ¼ tsp (approx. ¼ No. 10 can)	2 lb 8 oz	1 qt ¾ cup 2½ tsp (approx. ½ No. 10 can)	
Canned low-sodium kidney beans, drained, rinsed	2 lb 12½ oz	1 qt 2¾ cups 2⅓ tsp (approx. ⅔ No. 10 can)	5 lb 9 oz	3 qt 1½ cups 1 Tbsp 1⅔ tsp (approx. 1⅓ No. 10 cans)	4 Add kidney beans, bulgur wheat, vegetable broth, and water. Simmer uncovered for 15 minutes over low–medium heat. Stir well.
OR					
Dry kidney beans, cooked (see Notes)	2 lb 12½ oz	1 qt 2¾ cups 2⅓ tsp	5 lb 9 oz	3 qt 1½ cups 1 Tbsp 1⅔ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Bulgur wheat, dry	8 oz	1¼ cups	1 lb	2½ cups	
Low-sodium vegetable broth		1 cup		2 cups	
Water		3½ cups		1 qt 3 cups	
					5 Critical Control Point: Heat to 140 °F or higher.
					6 Pour 1 gal (about 9 lb 9 oz) vegetable chili into a steam table pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Critical Control Point: Hold for hot service at 140 °F.
Low-fat sour cream	1 lb 2 oz	1¾ cups	2 lb 4 oz	3½ cups	8 Using a No. 40 scoop, portion 1 Tbsp ⅓ tsp (about ¾ oz) sour cream into individual soufflé cups. Serve with chili.
					9 Portion with 6 fl oz spoodle (¾ cup).



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	142
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	266 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	0 IU
Calcium	75 mg
Iron	1 mg
Potassium	279 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	14 oz	1 lb 12 oz
Green bell peppers	10 oz	1 lb 4 oz
Jalapenos	2 oz	4 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 ¾ Cup (About 4½ 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.

YIELD/VOLUME

25 Servings	50 Servings
About 9 lb 9 oz	About 19 lb 2 oz
About 1 gal 3⅛ cups/1 steam table pan (12" x 20" x 2½")	About 2 gal 1 qt 2¼ cups/2 steam table pans (12" x 20" x 2½")

