

Vegetable Chili USDA Recipe for Schools

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.

NSLP/SBP CREDITING INFORMATION

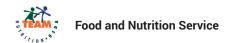
3/4 cup (6 fl oz spoodle) provides

Legume as Meat Alternate: 1 oz equivalent meat alternate, 1/4 cup red/orange vegetable, 1/8 cup other vegetable.

OR

Legume as Vegetable: ¼ cup legume vegetable, ¼ cup red/orange vegetable, ¼ cup other vegetable.

INCREDIENTS	50 SERVINGS		100 SERVINGS		DIDECTIONS	
INGREDIENTS Weight Measure Weight Measure		Measure	DIRECTIONS			
Canola oil		1/4 cup		½ cup	1 Heat oil in a large stock pot uncovered over medium-high heat.	
*Fresh onions, diced	1 lb 8 oz	1 qt ² / ₃ cup	3 lb	2 qt 1⅓ cups	2 Add onions, bell peppers, and jalapenos. Sauté uncovered for 5 minutes or until tender. Stir well.	
*Fresh green bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups		
*Fresh jalapeno peppers, seeded, diced	2 oz	½ cup	4 oz	1 cup		
Chili powder	3 oz	1½ cups	6 oz	3 cups	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.	
Ground cumin		1/4 cup	2 oz	½ cup		



INGREDIENTS	50 SERVINGS		100 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ancho chili powder OR		1/4 cup 2 Tbsp	3½ oz	³ / ₄ cup	
Mexican Seasoning Mix (see Notes)		1/4 cup 2 Tbsp	3½ oz	³ / ₄ cup	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Red hot sauce (optional)		1/4 cup		½ cup	
Brown sugar	4 oz	½ cup	8 oz	1 cup	
Canned no-salt-added crushed tomatoes, undrained	6 lb 6 oz	3 qt (1 No. 10 can)	12 lb 12 oz	1 gal 2 qt (2 No. 10 cans)	
Canned no-salt- added diced tomatoes, undrained	2 lb 8 oz	1 qt ³ / ₄ cup 2 ¹ / ₂ tsp (approx. ¹ / ₂ No. 10 can)	5 lb	2 qt 1½ cups 1 Tbsp 2 tsp (approx. 1 No. 10 can)	
Canned low-sodium kidney beans, drained, rinsed	5 lb 9 oz	3 qt 1½ cups 1 Tbsp 1¾ tsp (approx. 1⅓ No. 10 cans)	11 lb 2 oz	1 gal 2 qt 3 cups 3 Tbsp ½ tsp (approx. 2½ No. 10 cans)	4 Add kidney beans, bulgur wheat, vegetable broth, and water. Simmer uncovered for 15 minutes over low-medium heat. Stir well.
Dry kidney beans, cooked (see Notes)	5 lb 9 oz	3 qt 1½ cups 1 Tbsp 1⅓ tsp	11 lb 2 oz	1 gal 2 qt 3 cups 3 Tbsp 1/3 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Bulgur wheat, dry	1 lb	2½ cups	2 lb	1 qt 1 cup	
Low-sodium vegetable broth		2 cups		1 qt	
Water		1 qt 3 cups		3 qt 2 cups	
					5 Critical Control Point: Heat to 135 °F or higher.
					6 Pour 1 gal (about 9 lb 9 oz) vegetable chili into a steam table pan. For 50 servings, use 2 pans.
					For 100 servings, use 4 pans.
					7 Critical Control Point: Hold for hot service at 135 °F.
Low-fat sour cream	2 lb 4 oz	3½ cups	4 lb 8 oz	1 qt 3 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 (3/4 cup).

NUTRITION INFORMATION

For 3/4 cup (6 fl oz spoodle).

NUTRIENTS Calories	AMOUNT 142
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	4 g 2 g 10 mg 266 mg 21 g 5 g 7 g N/A 6 g
Vitamin D Calcium Iron Potassium N/A=data not available.	0 IU 75 mg 1 mg 279 mg

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE					
Food as Purchased for	50 Servings	100 Servings			
Mature onions Green bell peppers Jalapenos	1 lb 12 oz 1 lb 4 oz 4 oz	3 lb 8 oz 2 lb 8 oz 8 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 ³/₄ Cup (About 4¹/₂ 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					
50 Servings	100 Servings				
About 19 lb 2 oz	About 38 lb 4 oz				
About 2 gal 1 qt 2¼ cups/2 steam table pans (12" x 20" x 2½")	About 4 gal 3 qt $\frac{1}{2}$ cup/4 steam table pans (12" x 20" x 2 $\frac{1}{2}$ ")				