



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

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

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

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ 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.
*Fresh onions, diced	1 lb 8 oz	1 qt $\frac{2}{3}$ cup	3 lb	2 qt $1\frac{1}{3}$ cups	
*Fresh green bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 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.
*Fresh jalapeno peppers, seeded, diced	2 oz	$\frac{1}{2}$ cup	4 oz	1 cup	
Chili powder	3 oz	$1\frac{1}{2}$ cups	6 oz	3 cups	
Ground cumin		$\frac{1}{4}$ cup	2 oz	$\frac{1}{2}$ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ancho chili powder		¼ cup 2 Tbsp	3½ oz	¾ cup	
OR					
Mexican Seasoning Mix (see Notes)		¼ cup 2 Tbsp	3½ oz	¾ cup	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Red hot sauce (optional)		¼ 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 ¾ cup 2½ tsp (approx. ½ 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 1⅓ tsp (approx. 1⅓ No. 10 cans)	11 lb 2 oz	1 gal 2 qt 3 cups 3 Tbsp ⅓ tsp (approx. 2⅔ 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)	5 lb 9 oz	3 qt 1½ cups 1 Tbsp 1⅓ tsp	11 lb 2 oz	1 gal 2 qt 3 cups 3 Tbsp ⅓ tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
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 ½ 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	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Green bell peppers	1 lb 4 oz	2 lb 8 oz
Jalapenos	4 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 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

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 ½ cup/4 steam table pans (12" x 20" x 2½")

