



Make it Fresh with Cooking Counts Lesson Plans for: *White Chicken Chili*

Course Description:

This hands-on training will introduce you to the *White Chicken Chili* recipe and help you better understand the process of making the *White Chicken Chili* while following a standardized recipe. Estimated class time: 3 hours

Local Ingredients:

This recipe features the following local ingredient(s): Chicken, onion, milk and beans. Choose Iowa Food of the month resources may be found [here](#).

Preparation:

Equipment Needed:

Cutting board
Knife
Stock pot or large saucepan
Sheet pan

Grocery List:

Boneless, skinless chicken
Vegetable oil
Onion
Garlic, fresh
Chicken broth
Skim milk
Green chilis, caned
Northern beans
Oregano, ground
Cayenne pepper

Opening Remarks:

Today's lesson is White Chicken Chili. Students will enjoy a change from traditional chili when they take their first spoonful of this flavorful blend of tender chicken and white beans.

Understand the Ingredients and Methods:

The versatility, popularity and relatively low cost of poultry items make them ideal for all kinds of food service including school cafeterias. This soup is low cost and high protein.

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Proteins are known as the building blocks of the body. They are essential for growth, for building body tissues, and for basic body functions. They can also be used for energy if the diet does not contain enough carbohydrate and fat.

Proteins consist of substances called amino acids. The body is able to manufacture many of them, but there are nine amino acids it cannot manufacture and must get from foods. A food protein that contains all nine essential amino acids is called a complete protein. Meat, poultry, fish, egg and dairy products contain complete proteins.

Proteins that lack one or more of these essential amino acids are called incomplete proteins. Foods high in incomplete proteins include nuts, many grains, and beans and legumes. Foods that, if eaten together, supply all the amino acids are called complementary proteins. For example, the beans in today's chili, if served with cornbread, would be a food combination supplying complementary proteins.

Show video:

[White Chicken Chili](#)

Lab:

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

Discussion and Evaluation:

1. Did you achieve the yield identified on the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?

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