

# Vegetable Chili

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-26

| Ingredients                   | 25 Servings |                | 50 Servings |                   | Directions  |
|-------------------------------|-------------|----------------|-------------|-------------------|---|
|                               | Weight      | Measure        | Weight      | Measure           |   |
| Vegetable oil                 |             | 2 Tbsp         |             | 1/4 cup           | <ol style="list-style-type: none"> <li>Heat oil in a heavy pot.</li> <li>Add the chopped onions and sauté 3 minutes, until onions are translucent.</li> <li>Add chopped green peppers and sauté 2 minutes, until tender.</li> <li>Add chili powder, cumin, granulated garlic, onion powder, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.</li> </ol> |
| *Fresh onions, chopped        | 10 oz       | 1 3/4 cups     | 1 lb 4 oz   | 3 1/2 cups        |   |
| OR                            | OR          | OR             | OR          | OR                |   |
| Dehydrated onions             | 2 oz        | 1/2 cup        | 4 oz        | 1 cup             |   |
| *Fresh green peppers, chopped | 5 oz        | 3/4 cup 2 Tbsp | 10 oz       | 1 3/4 cups 2 Tbsp |   |
| OR                            | OR          | OR             | OR          | OR                |   |
| Frozen green peppers          | 5 oz        | 1 cup          | 10 oz       | 2 cups            |   |
| Chili powder                  |             | 1/4 cup 2 Tbsp | 3 oz        | 3/4 cup           |   |
| Cumin                         |             | 2 Tbsp         |             | 1/4 cup           |   |

|   |                |                                  |               |                                     |  |
|---|----------------|----------------------------------|---------------|-------------------------------------|--|
| Onion powder                            |                | 1 tsp                            |               | 2 tsp                               |  |
| Red hot sauce (optional)                |                | 2 Tbsp                           |               | 1/4 cup                             |  |
| Brown sugar, packed                     | 2 oz           | 1/4 cup                          | 4 oz          | 1/2 cup                             |  |
| Canned crushed tomatoes                 | 3 lb 3 oz      | 1 qt 2 cups (1/2 No. 10 can)     | 6 lb 6 oz     | 3 qt (1 No. 10 can)                 |  |
| Canned diced tomatoes in juice, drained | 9 1/4 oz       | 1 cup 1 Tbsp (1/2 No. 2-1/2 can) | 1 lb 2 1/2 oz | 2 cups 2 Tbsp (1 No. 2-1/2 can)     |  |
| Canned kidney beans, drained            | 2 lb 12 1/2 oz | 1 qt 2 3/4 cups (5/8 No. 10 can) | 5 lb 9 oz     | 3 qt 1 1/2 cups (1 1/4 No. 10 cans) | <b>5.</b> Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.   |
| No. 3 bulgur wheat                      | 8 oz           | 1 3/4 cups 2 Tbsp                | 1 lb          | 3 3/4 cups                          |  |
| Water                                   |                | 2 cups                           |               | 1 qt                                |  |
| Lowfat plain yogurt                     | 1 lb           | 2 cups                           | 2 lb          | 1 qt                                | <b>6.</b> Add yogurt and stir to blend. CCP: Heat to 165° F or higher.<br><b>7.</b> CCP: Hold for hot service at 140° F or warmer. Portion with 6 oz ladle (3/4 cup) |
| Reduced fat cheddar cheese, shredded    | 1 lb 9 oz      | 1 qt 2 1/4 cups                  | 3 lb 2 oz     | 3 qt 1/2 cup                        | <b>8.</b> Sprinkle 1/4 cup of cheddar cheese on top of each serving.   |

## Notes

\* See Marketing Guide

Special Tip: This can be used as a filling in Tacos (D-24), Taco Salad (E-13), or Burritos (D-21).

## Marketing Guide

| Food as Purchased for | 25 Servings | 25 Servings |
|-----------------------|-------------|-------------|
| Mature onions         | 12 oz       | 1 lb 8 oz   |
| Green peppers         | 7 oz        | 14 oz       |

| Serving   | Yield  | Volume  |
|---|--|---|
| $\frac{3}{4}$ cup (6 oz ladle) provides the equivalent of 2 oz of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and the equivalent of $\frac{1}{4}$ slice of bread. | <b>25 Servings:</b> 10 lb 3 oz<br><b>50 Servings:</b> 20 lb 6 oz | <b>25 Servings:</b> 1 gallon 2 $\frac{3}{4}$ cups<br><b>50 Servings:</b> 2 gallons 1 $\frac{1}{2}$ quarts |

**Nutrients Per Serving**

|              |      |               |         |               |        |
|--------------|------|---------------|---------|---------------|--------|
| Calories     | 222  | Saturated Fat | 4 g     | Iron          | 2 mg   |
| Protein      | 15 g | Cholesterol   | 17 mg   | Calcium       | 333 mg |
| Carbohydrate | 27 g | Vitamin A     | 1297 IU | Sodium        | 609 mg |
| Total Fat    | 7 g  | Vitamin C     | 17 mg   | Dietary Fiber | 6 g    |