

Vegetable Chili



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT	1/2 Cup		107662
ONION DCD 1/2IN	2 1/2 Pound		426059
PEPPERS GREEN DCD 1/2IN	1 Pint 1 3/4 Cup (3 3/4 Cup)		283959
SPICE CHILI POWDER HOT	1 1/2 Cup		224707
SPICE CUMIN GRND	1/2 Cup		777072
SPICE GARLIC GRANULATED	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		513881
SPICE ONION POWDER	1 1/4 Tablespoon		126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup		264471
SUGAR BROWN MED	1 Cup	UNSPECIFIED	108626
TOMATO CRSHD	1 Gallon 1 Quart 1 Pint 1 1/4 Cup (23 1/4 Cup)		444588
TOMATO DCD IN JUICE	1 1/16 Quart	READY_TO_EAT None	501031
BEAN KIDNEY RED LT	1 Gallon 2 Quart 1 Pint 1 1/2 Cup (27 1/2 Cup)		118788
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR
YOGURT PLN FF NAT	2 Quart	READY_TO_EAT Ready to eat	705850

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart		150250
No. 3 Bulgur Wheat	3 Quart 1/4 Cup (12 1/4 Cup)		12291968KD

Preparation Instructions

Directions:

Heat the oil in a steam-jacketed kettle.

Add the onions and sauté 3 minutes, until translucent.

Add the green peppers and sauté 2 minutes, until tender.

Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.

Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.

Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.

Notes:

1: Comments:

2: *See Marketing Guide.

3: Serving Information:

4: ¾ cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.

8: Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

9: Special Tip:

10: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

11: A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		195.05	
Fat		5.50g	
SaturatedFat		3.06g	
Trans Fat*		0.00g	
Cholesterol		15.00mg	
Sodium		418.69mg	
Carbohydrates		28.13g	
Fiber		7.53g	
Sugar		7.49g	
Protein		10.23g	
Vitamin A	21.11IU	Vitamin C	4.78mg
Calcium	169.02mg	Iron	2.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available