

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-26

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		1/4 cup	1. Heat oil in a heavy pot.
*Onions, chopped OR	10 oz	2 cups	1 lb 4 oz	1 qt	2. Add the chopped onions and sauté 3 minutes, until translucent.
#Dehydrated onions		1/2 cup		1 cup	3. Add chopped green peppers and sauté 2 minutes, until tender.
*Fresh green peppers, chopped OR	4 1/2 oz	1 cup	9 oz	2 cups	
#Dried green peppers		2 Tbsp 2 tsp		1/3 cup	
Chili powder		1/4 cup 2 Tbsp		3/4 cup	4. Add chili powder, cumin, granulated garlic, onion salt, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin		2 Tbsp		1/4 cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion salt		1 tsp		2 tsp	
Red hot sauce (optional)		2 Tbsp		1/4 cup	
Brown sugar		1/4 cup	4 oz	1/2 cup	
Canned crushed tomatoes	3 lb 6 oz	1 qt 2 cups	6 lb 11 oz	1 No. 10 can	
Canned diced tomatoes, drained	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
Canned kidney beans, drained	4 oz	1 qt 2 1/4 cups	8 lb 1 oz	3 qt 1/2 cup	5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	8 oz	1 1/2 cups	1 lb	3 cups	
Water		2 cups		1 qt	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	6. Add yogurt and stir to blend. CCP Heat to 140 degrees F or higher for at least 15 seconds.
Lowfat cheddar cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup	7. CCP Hold for hot service at 140 degrees F or higher. Sprinkle 1/4 cup of cheddar cheese on top of each serving.
*See Marketing Guide					
#When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.					

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-26

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	12 oz	1 lb 7 oz
Green peppers	6 oz	12 oz

SERVING:	YIELD:	VOLUME:
3/4 cup (6-oz) ladle) provides the equivalent of 2 oz of cooked lean meat, 3/4 cup of vegetable, and the equivalent of 1/4 slice of bread	25 Servings: 10 lb 3 oz	25 Servings: 3 qt 3 cups
	50 Servings: 20 lb 6 oz	50 Servings: 1 gal 3 qt 2 cups

Special Tip:

This can be used as a filling in Tacos (D-24), Taco Salad (E-13), or Burritos (D-21). If the chili becomes too thick, thin with water.

Nutrients Per Serving					
Calories	201	Saturated Fat	1.7 g	Iron	2.5 mg
Protein	15 g	Cholesterol	7 mg	Calcium	214 mg
Carbohydrate	27 g	Vitamin A	126 RE/1130 IU	Sodium	637 mg
Total Fat	4.5 g	Vitamin C	17 mg	Dietary Fiber	7 g