

## Vegetable Chili

MEAT OR MEAT ALTERNATIVE, VEGETABLE, GRAINS AND BREADS

MAIN DISHES

Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/4 cup (59 ml)		1/2 cup (118 ml)		<ol style="list-style-type: none"> <li>1. Heat the oil in a steam-jacketed kettle.</li> <li>2. Add the onions and sauté 3 min., until translucent.</li> <li>3. Add the green peppers and sauté 2 min., until tender.</li> <li>4. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 min., uncovered.</li> <li>5. Add the kidney beans, bulgur, and water. Simmer 15 min., uncovered.</li> <li>6. Add yogurt and stir to blend. Pour into medium half-steamable pans (10" × 12" × 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140 °F (60 °C) or higher for at least 15 seconds.</li> <li>7. CCP: Hold for hot service at 135 °F (58 °C) or higher. Portion with 6-oz. ladle (3/4 cup).</li> <li>8. Sprinkle 1/4 cup (28g) of Cheddar cheese on top of each portion when served.</li> </ol>
Fresh onions, chopped OR Dehydrated onions	1 lb., 4 oz. (567g) OR 3 3/4 oz. (106g)	3 1/3 cups OR 1 1/2 cups, 2 tbsp.	2 lb., 8 oz. (1.1 kg) OR 7 1/2 oz. (212g)	1 qt., 2 2/3 cups OR 3 3/4 cups		
Fresh green peppers, chopped OR Frozen green peppers, chopped	10 oz. (283g) OR 1 lb., 1 oz. (482g)	1 3/4 cups, 2 tbsp. OR 3 cups	1 lb., 4 oz. (566g) OR 2 lb., 2 oz. (964g)	3 3/4 cups OR 1 qt., 2 cups		
Chili powder	3 oz.	3/4 cup	6 oz.	1 1/2 cups		
Ground cumin	1 oz.	1/4 cup	2 oz.	1/2 cup		
Granulated garlic		1 tbsp., 1 tsp.		2 tbsp., 2 tsp.		
Onion powder		2 tsp.		1 tbsp., 1 tsp.		
Red hot sauce (optional)		1/4 cup (59 ml)		1/2 cup (118 ml)		
Brown sugar, packed	4 oz. (113g)	1/2 cup	8 oz. (226g)	1 cup		
Canned crushed tomatoes, with juice	6 lb., 6 oz. (2.9 kg)	3 qt. (1 No. 10 can)	12 lb., 12 oz. (5.8 kg)	1 gal., 2 qt. (2 No. 10 cans)		
Canned diced tomatoes, with juice	1 lb., 2 1/2 oz. (524g)	2 cups, 2 tbsp. (1 No. 2 1/2 can)	2 lb., 5 oz. (1.05 kg)	1 qt., 1/4 cup (2 No. 2 1/2 cans)		
Canned kidney beans, drained	5 lb., 9 oz. (2.5 kg)	3 qt., 1 1/2 cups (1 1/4 No. 10 cans)	11 lb., 2 oz. (5 kg)	1 gal., 2 3/4 qt. (2 1/2 No. 10 cans)		
No. 3 bulgur	1 lb. (450g)	3 cups	2 lb. (900g)	1 qt., 2 cups		
Water		1/2 cup		1 cup		
Low-fat plain yogurt	2 lb. (907g)	1 qt.	4 lb. (1.8 kg)	2 qt.		
Reduced-fat Cheddar cheese, shredded	3 lb., 2 oz. (1.4 kg)	3 qt., 1/2 cup	6 lb. (2.8 kg)	1 gal., 2 1/4 qt.		
Serving: 3/4 cup (6-oz. ladle) provides 2-oz. equivalent meat/meat alternative, 3/8 cup of vegetable, and 1/4 serving of grains/breads.			Yield: 50 servings: about 20 lb. (9 kg) 100 servings: about 40 lb. (18 kg) Volume: 50 servings: about 2 gal., 1 1/2 qt. 100 servings: about 4 gal., 2 3/4 qt.			

(continued)

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NUTRIENTS PER SERVING					
Calories	223	Saturated fat	3.76g	Iron	2.26 mg
Protein	14.57g	Cholesterol	17 mg	Calcium	333 mg
Carbohydrate	27.02g	Vitamin A	1257 IU	Sodium	606 mg
Total fat	7.48g	Vitamin C	17.5 mg	Dietary fiber	6.4g

Adapted from the USDA/National Food Service Management Institute. [www.nfsmi.org/USDA\\_recipes/school\\_recipes/all\\_alpha.pdf](http://www.nfsmi.org/USDA_recipes/school_recipes/all_alpha.pdf)