

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		¼ cup	1. Heat oil in a heavy pot.	
*Fresh onions, chopped	10 oz	1 ¾ cups	1 lb 4 oz	3 ½ cups	2. Add the chopped onions and sauté 3 minutes, until onions are translucent.	
OR	OR	OR	OR	OR		
Dehydrated onions	2 oz	½ cup	4 oz	1 cup	3. Add chopped green peppers and sauté 2 minutes, until tender.	
*Fresh green peppers, chopped	5 oz	¾ cup 2 Tbsp	10 oz	1 ¾ cups 2 Tbsp		
OR	OR	OR	OR	OR		
Frozen green peppers	5 oz	1 cup	10 oz	2 cups		
Chili powder		¼ cup 2 Tbsp	3 oz	¾ cup	4. Add chili powder, cumin, granulated garlic, onion powder, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.	
Cumin		2 Tbsp		¼ cup		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Onion powder		1 tsp		2 tsp		
Red hot sauce (optional)		2 Tbsp		¼ cup		
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup		
Canned crushed tomatoes	3 lb 3 oz	1 qt 2 cups (½ No. 10 can)	6 lb 6 oz	3 qt (1 No. 10 can)		
Canned diced tomatoes in juice, drained	9 ¼ oz	1 cup 1 Tbsp (½ No 2-½ can)	1 lb 2 ½ oz	2 cups 2 Tbsp (1 No 2-½ can)		
Canned kidney beans, drained	2 lb 12 ½ oz	1 qt 2 ¾ cups (¾ No. 10 can)	5 lb 9 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)		5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ 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 165° F or higher.	
					7. CCP: Hold for hot service at 140° F or warmer.	
					Portion with 6 oz ladle (¾ cup)	
Reduced fat Cheddar cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	8. Sprinkle 1/4 cup of cheddar cheese on top of each serving.	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz
Green peppers	7 oz	14 oz

SERVING:	YIELD:	VOLUME:
¾ cup (6 oz ladle) provides the equivalent of 2 oz of cooked lean meat, ⅔ cup of vegetable, and the equivalent of ¼ slice of bread.	25 Servings: 10 lb 3 oz	25 Servings: 1 gallon 2 ¾ cups
	50 Servings: 20 lb 6 oz	50 Servings: 2 gallons 1 ⅓ quarts
Tested 2004		

Special Tip:

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

Nutrients Per Serving

Calories	222	Saturated Fat	3.75 g	Iron	2.36 mg
Protein	14.57 g	Cholesterol	17 mg	Calcium	333 mg
Carbohydrate	26.98 g	Vitamin A	1297 IU	Sodium	609 mg
Total Fat	7.46 g	Vitamin C	17.4 mg	Dietary Fiber	6.4 g