

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Additional Vegetable-Grains

Main Dishes D-58r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	1 lb 8 oz	1 qt ¾ cup	3 lb	2 qt 1 ¾ cups	1. Sauté onions and garlic for 2 minutes in a pan coated with pan release spray. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. 2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.
Fresh garlic, minced	2 oz	¼ cup	4 oz	½ cup	
Low-sodium vegetable stock		3 1/8 cups		1 qt 2 ¼ cups	
*Fresh carrots, diced ½"	1 lb 9 oz	1 qt 3 ½ cups	3 lb 2 oz	3 qt 2 2/3 cups	3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
*Fresh red bell peppers, diced	¾ lb	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Dry ground chipotle pepper, (optional)		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes	2 lb 14 ½ oz	1 qt 3 cups (2/3 No. 10 can)	5 lb 13 oz	3 qt 2 cups (1 1/3 No. 10 cans)	4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt to vegetable mixture. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.
Canned low-sodium tomato sauce	1 lb 11 ½ oz	3 ¾ cups (1/3 No. 10 can)	3 lb 7 oz	1 qt 3 ½ cups (2/3 No. 10 can)	
Fresh cilantro, chopped		1 cup	2 ½ oz	2 cups	
Chili powder		3 Tbsp 1 tsp	2 oz	½ cup	
Ground cumin		3 Tbsp 1 tsp		½ cup	
Salt		1 tsp		2 tsps	
*Fresh sweet potatoes, peeled, diced ½"	1 lb 2 oz	3 ¼ cups	2 lb 4 oz	1 qt 2 ½ cups	5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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	Weight	Measure	Weight	Measure	
Canned low-sodium black beans drained, rinsed OR *Dry black beans, cooked (See Notes Section)	3 lb	2 qt (1 ¼ No. 10 cans)	6 lb	1 gal (2 ½ No. 10 cans)	6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Frozen corn, thawed, drained	1 lb	3 cups	2 lb	1 qt 2 cups	7. Critical Control Point: Hold for hot service at 135 °F or higher.
Quinoa, dry	1 lb	2 ½ cups	2 lb	1 qt 1 cup	8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		3 ½ cups		1 qt 3 cups	9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. 10. Critical Control Point: Hold for hot service at 135 °F or higher.
					11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (¼ cup) cooked quinoa. 12. If desired, serve chili with ¼ cup brown rice in place of quinoa.

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Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Carrots	2 lb 4 oz	4 lb 8 oz
Red bell peppers	1 lb	2 lb
Sweet potatoes	1 lb 8 oz	3 lb
Dry black beans	1 lb 12 oz	3 lb 8 oz

Nutrients Per Serving

Calories	183.60	Saturated Fat	0.18 g	Iron	2.98 mg
Protein	7.45 g	Cholesterol	0 mg	Calcium	62.80 mg
Carbohydrate	37.50 g	Vitamin A	9023.99 IU (434.86 RAE)	Sodium	255.97 mg
Total Fat	1.66 g	Vitamin C	38.82 mg	Dietary Fiber	7.60 g

Serving	Yield	Volume
1 cup (8 fl oz ladle) chili and ¼ cup (No. 16 scoop) quinoa provides:	25 Servings: about 14 lb	25 Servings: about 1 gallon 3 quarts 1 steam table pan
<p>Legume as Meat Alternate: ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅓ cup other vegetable, ¼ cup additional vegetable, and ½ oz equivalent grains.</p> <p>OR</p> <p>Legume as Vegetable: ⅓ cup legume vegetable, ⅝ cup red/orange vegetable, ⅓ cup other vegetable, ¼ cup additional vegetable, and ½ oz equivalent grains.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i></p>	50 Servings: about 27 lb	50 Servings: about 3 gallons 2 quarts 2 steam table pans