


# Vegetable Chili Boat

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

Main Dishes D-63r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		3 Tbsp		½ cup 2 tsp	1. Heat oil. For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
*Fresh onions, diced	11 ¼ oz	2 ⅓ cups	1 lb 6 ½ oz	1 qt ⅓ cup	
*Fresh green bell peppers, diced	8 ¼ oz	1 ½ cups	1 lb ½ oz	3 cups	2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
Canned low-sodium pinto beans, drained, rinsed OR *Dry pinto beans, cooked (See Notes Section)	10 ½ oz OR 10 ½ oz	1 ½ cups (¼ No. 10 can) OR 1 ½ cups	1 lb 5 oz OR 1 lb 5 oz	3 cups (½ No. 10 can) OR 3 cups	
Canned low-sodium kidney beans, drained, rinsed OR *Dry kidney beans, cooked (See Notes Section)	10 ¾ oz OR 10 ¾ oz	1 ⅓ cups (¼ No. 10 can) OR 1 ⅓ cups	1 lb 5 ½ oz OR 1 lb 5 ½ oz	3 ⅓ cups (½ No. 10 can) OR 3 ⅓ cups	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	1 lb 3 oz OR 1 lb 3 oz	2 ¼ cups (⅓ No. 10 can) OR 2 ¼ cups	2 lb 6 oz OR 2 lb 6 oz	1 qt ½ cup (⅓ No. 10 can) OR 1 qt ½ cup	
Chili powder	2 ½ oz	¼ cup 2 Tbsp	5 oz	¾ cup	3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
Canned low-sodium diced tomatoes	1 lb 5 ½ oz	2 ½ cups (¼ No. 10 can)	2 lb 11 oz	1 qt 1 cup (½ No. 10 can)	
Low-sodium chicken stock		1 qt ⅓ cup		2 qt ⅓ cup	
Hot sauce		1 tsp		2 tsp	


 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 tomato paste	9 oz	1 cup ( $\frac{1}{3}$ No. 2 $\frac{1}{2}$ can)	1 lb 2 oz	2 cups ( $\frac{2}{3}$ No. 2 $\frac{1}{2}$ can)	4. Add tomato paste and mix well. Cook for an additional 10 minutes.  Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					5. Pour into serving pans. 6. Critical Control Point: Hold for hot service at 135 ° F or higher.
Reduced-fat cheddar cheese, shredded	3 $\frac{1}{2}$ oz	1 cup	7 oz	2 cups	7. Combine cheddar and mozzarella cheeses.
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	3 $\frac{1}{2}$ oz	1 cup	7 oz	2 cups	
Low-sodium tortilla chips	9 oz	62 chips	1 lb 2 oz	124 chips	
					8. Portion with 6 fl oz ladle ( $\frac{3}{4}$ cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.


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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>Special tip for preparing dry beans:  <b>SOAKING BEANS</b>  <b>OVERNIGHT METHOD:</b> Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.  <b>QUICK-SOAK METHOD:</b> 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.  <b>COOKING BEANS</b>            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.</p> <p>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.</p> <p>1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.            1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.            1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.</p>

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Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	13 oz	1 lb 10 oz
Green bell peppers	11 oz	1 lb 6 oz
Dry pinto beans	3 oz	6 oz
Dry kidney beans	7 oz	14 oz
Dry black beans	8 oz	1 lb

Nutrients Per Serving					
Calories	141.07	Saturated Fat	1.16 g	Iron	1.73 mg
Protein	7.26 g	Cholesterol	4.28 mg	Calcium	117.93 mg
Carbohydrate	20.72 g	Vitamin A	1226.43 IU	Sodium	159.49 mg
Total Fat	4.20 g		(63.57 RAE)	Dietary Fiber	5.04 g
		Vitamin C	14.13 mg		

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides:	25 Servings: about 9 lb	25 Servings: about 1 gallon 2 cups
<p><b>Legume as Meat Alternate:</b> ¾ oz equivalent meat alternate, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains.</p> <p>OR</p> <p><b>Legume as Vegetable:</b> ¼ oz equivalent meat alternate, ⅛ cup legume vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ 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 18 lb	50 Servings: about 2 gallons 1 quart