

# Smokin' Powerhouse Chili

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

Main Dishes D-58r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	3 lb	2 qt 1 ¾ cups	6 lb	1 gal 2 ¾ cups	1. Coat a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") with pan release spray. Sauté onions and garlic for 2 minutes.  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	4 oz	½ cup	8 oz	1 cup	
Low-sodium vegetable stock		1 qt 2 ¼ cups	6 lb 8 oz	3 qt ½ cup	
*Fresh carrots, diced ½"	3 lb 2 oz	3 qt 2 ¾ cups	6 lb 4 oz	1 gal 3 qt	3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
*Fresh red bell peppers, diced	1 lb 8 oz	1 qt ½ cup	3 lb	2 qt 1 cup	
Dry ground chipotle pepper, (optional)		2 Tbsp		¼ cup	
Canned low-sodium diced tomatoes	5 lb 13 oz	3 qt 2 cups (1 ½ No. 10 cans)	11 lb 10 oz	1 gal 3 qt (2 ¾ No. 10 cans)	4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.
Canned low-sodium tomato sauce	3 lb 7 oz	1 qt 3 ½ cups (¾ No. 10 can)	6 lb 14 oz	3 qt 3 cups (1 ½ No. 10 cans)	
Fresh cilantro, chopped	2 ½ oz	2 cups	5 oz	1 qt	
Chili powder	2 oz	½ cup	4 oz	1 cup	
Ground cumin		½ cup	3 ½ oz	1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
*Fresh sweet potatoes, peeled, diced ½"	2 lb 4 oz	1 qt 2 ½ cups	4 lb 4 oz	3 qt 1 cup	5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

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

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Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans drained, rinsed OR *Dry black beans, cooked (See Notes Section)	6 lb	1 gal (2 ½ No. 10 cans)	12 lb	2 gal (5 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 135 °F or higher for at least 15 seconds.
Frozen corn, thawed, drained	2 lb	1 qt 2 cups	4 lb	3 qt	7. Critical Control Point: Hold for hot service at 135 °F or higher.
Quinoa, dry	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 qt 3 cups		3 qt 2 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
<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 black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.</p>

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Marketing Guide		
Food as Purchased for	50 servings	100 servings
Mature onions	3 lb 8 oz	7 lb
Carrots	4 lb 8 oz	9 lb
Red bell peppers	2 lb	4 lb
Sweet potatoes	3 lb	6 lb
Dry black beans	3 lb 8 oz	7 lb

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	Sodium	255.97 mg
Total Fat	1.66 g		(434.86 RAE)	Dietary Fiber	7.60 g
		Vitamin C	38.82 mg		

Serving	Yield	Volume
1 cup (8 fl oz ladle) chili and ¼ cup (No. 16 scoop) quinoa provides:	50 Servings: about 27 lb	50 Servings: about 3 gallons 2 quarts 2 steam table pans
<p><b>Legume as Meat Alternate:</b> ½ oz equivalent meat alternate, ½ cup red/orange vegetable, ⅓ cup other vegetable, ⅓ cup additional vegetable, and ½ oz equivalent grains.</p> <p>OR</p> <p><b>Legume as Vegetable:</b> ⅓ cup legume vegetable, ½ cup red/orange vegetable, ⅓ cup other vegetable, ⅓ 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>	100 Servings: about 56 lb	100 Servings: about 7 gallons 4 steam table pans