


# Vegetarian Chili

 Cooking time: 25 minutes  
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 0.5 ounce Meat/Meat Alternate,  $\frac{3}{4}$  cup Vegetables  
NSLP: 0.5 ounce Meat/Meat Alternate,  $\frac{1}{4}$  cup Red/Orange Vegetables,  
 $\frac{3}{8}$  cup Other Vegetable,  $\frac{1}{8}$  cup Additional Vegetables  
SFSP: 0.5 ounce Meat/Meat Alternate,  $\frac{3}{4}$  cup Vegetables

Ingredients	32 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 Tablespoons + 2 teaspoons		$\frac{1}{4}$ cup + 1 Tablespoon + 1 teaspoon
Onion, chopped	2 pounds 2 ounces	2 quarts	4 pounds 4 ounces	1 gallon
Green bell pepper, chopped	1 pound 8 ounces	1 quart + 2 cups	3 pounds	3 quarts
Fresh mushrooms, chopped	1 pound 4 ounces	2 quarts	2 pounds 8 ounces	1 gallon
Corn, frozen or canned, drained	1 pound 2.8 ounces	1 quart	2 pounds 5.6 ounces	2 quarts
Low sodium pinto beans, canned, with liquid	3 pounds 12 ounces	1 quart + 3 cups	7 pounds 8 ounces	3 quarts + 2 cups
Tomato sauce	2 pounds		4 pounds	
Canned diced tomatoes	3 pounds 12 ounces	1 quart + 3 cups	7 pounds 8 ounces	3 quarts + 2 cups
Bulgur, cooked	10 ounces	2 cups	1 pound 4 ounces	1 quart
Water		2 cups		1 quart
Dried oregano		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Ground cumin		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Chili powder		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Salt		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Garlic powder		2 teaspoons		1 Tablespoon + 1 teaspoon
Reduced fat cheddar cheese, grated	1 pound	1 quart	2 pounds	2 quarts



*continues*

# Vegetarian Chili, continued

## Directions

1. Heat oil in a large soup pan over medium-high heat. Add the onion, pepper, and mushrooms and saute until tender, 6–8 minutes.
2. Add the remaining ingredients except the cheese. Bring to a boil and reduce heat to a simmer. Cook, covered, until bulgur is soft, about 10–15 minutes.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8-ounce ladle or spoodle. Garnish each portion with 2 tablespoons grated cheddar cheese.

Serving	Yield	Volume
1 cup	32 servings, about 16 pounds 64 servings, about 32 pounds	32 servings, about 2 gallons 64 servings, about 4 gallons

Nutrients Per Serving					
Calories	139	Sodium	546 mg	Vitamin A	451 IU
Total Fat	2.7 g	Carbohydrate	23 g	Vitamin C	34 mg
Saturated Fat	1 g	Dietary Fiber	5 g	Iron	2 mg
Cholesterol	3 mg	Protein	8.7 g	Calcium	116 mg