

# Recipe for Butternut Squash and Black Bean Chili

Butternut squash and black bean chili recipe with farmer's market fresh ingredients developed by the California Culinary Centers for school food service menu planning.



50 Servings

## Yields 50 Servings

This recipe yields one–12 inch by 20 inch by 6 inch, steam table pan of chili for 50 servings: 1 cup or one number 4 scoop.

## Ingredients

Ingredients list includes measure by **weight** or volume. Choose one measure, either **weight** or volume, for the ingredient. **Weight** is listed first in bold.

**15 pounds** as purchased (AP) squash, butternut, cubed, ready-to-use

½ cup extra virgin olive oil

¼ cup of fresh garlic cloves

**1 pound** AP fresh yellow onions

**2 pounds** AP fresh green bell peppers

**2 pounds** AP fresh red bell peppers

**2 ounces** AP fresh whole jalapeno peppers

2 quarts and 2 cups canned, low-sodium black beans (equal to 1 number 10 can) (U.S. Department of Agriculture food item)

3 quarts canned, whole stewed tomatoes (equal to 1 number 10 can)

1 cup fresh green onions

¼ cup ground cumin

¼ cup chili powder

1 tablespoon kosher salt  
1 cup fresh cilantro

## Directions

1. Place squash in a 12 inch by 20 inch by 6 inch steam table pan. Toss squash in olive oil. Place on parchment-lined 18 inch by 26 inch by 1 inch sheet pans. Roast in 400°F conventional oven for 30 minutes until tender. Remove from oven.
2. Add roasted squash to 30 gallon steam-jacketed kettle.
3. Peel garlic and mince finely. Peel and trim onions and chop into ½ inch pieces. Add onions and garlic to squash and cook until translucent, about 10 minutes over medium heat setting.
4. Rinse green and red bell peppers under cool running water. Remove pith, stems, and seeds and chop into ½ inch pieces to measure 2½ cups green bell peppers and 2½ cups red bell peppers. Add bell peppers to squash mixture.
5. Rinse jalapeno peppers under cool running water. Remove pith, stem, and seeds and chop fine to measure ¼ cup. Add jalapenos to squash mixture.
6. Drain beans and add to squash mixture.
7. Add tomatoes to squash mixture. Cook over medium heat for 5 minutes, stirring often.
8. Rinse green onions under cool running water and trim. Chop green onions into ¼ inch slices. Add to squash mixture.
9. Add cumin, chili powder, and salt to squash mixture.
10. Simmer on low heat, uncovered, for 30 minutes, stirring occasionally.
11. Rinse cilantro under cool running water. Remove stems and chop leaves. Add half of the chopped cilantro to the chili, reserving the other half for garnish.
12. Critical Control Point: Hold chili at 135°F or higher for service. If held for next day service, reduce temperature from 135°F to 70°F within 2 hours and from 70°F to 41°F or colder within an additional 4 hours. Reheat to at least 165°F for 15 seconds for service.
13. Portion 1 cup serving (one number 4 scoop) into a 10 ounce or larger bowl. Sprinkle with remaining cilantro.

## Nutritional Analysis

Calories, in K calories: 136.00  
Carbohydrates, in grams: 25.07  
Protein, in grams: 5.33  
Saturated fat, in grams: 0.43  
Trans fat, in grams: 0  
Total fat, in grams: 2.85  
Sodium, in milligrams: 272.65

## General Recipe Information

### Category

- Soups, stews, chili recipes
- Meatless or plant-based recipes

### Serving Suggestion

- Yield 50 or yield 100–1 cup servings

### Contribution to Meal Pattern

The contribution to the meal pattern for this recipe is based on the suggested serving size above.

- 0.50 ounce equivalents meat/meat alternative
- 1 cup vegetables ( $\frac{3}{4}$  cup red/orange vegetables and  $\frac{1}{4}$  cup other vegetable)

If you decide to modify this recipe or serving size, you may use the tools available on the [CA Culinary Centers Standardized Recipes web page Resources tab](#) to create your own standardized recipe or find the contribution to the meal pattern.

### U.S. Department of Agriculture Food Items

- Canned low-sodium black beans

### Recipe Roots (Flavor Profile)

- American Classic
- Central/South America
- Mediterranean

### Preparation Time

- Preparation to serve time: 1½ hours for 50 servings and 2 hours for 100 servings

### Critical Control Point (CCP)

- CCP: Hold chili at 135°F or higher for service
- CCP: If held for next day service, reduce temperature from 135°F to 70°F within two hours and from 70°F to 41°F or colder within an additional four hours.
- CCP: Reheat to at least 165°F for 15 seconds for service.

## Kid Rating



## Culinary Center

Woodlake Unified School District