

Cool School Food Chili

Serves 50

Each serving: about 1 2/3 cups chili (.72 cup beans and lentils)

Ingredients:

¾ cup water, vegetable broth, or olive oil
12 cups diced onions
4 cups diced celery
½ cup minced garlic
½ cup unsweetened natural cocoa powder
1 cup chili powder
½ cup ground cumin
1/3 cup paprika
1/3 cup kosher salt
1 Tablespoon freshly ground black pepper
1 cup light or dark molasses
2 pounds dried red lentils (4 2/3 cups dry, 12 cups cooked)
2 #10 cans fire-roasted diced tomatoes (24 cups)
6 quarts low-sodium vegetable broth
1 #10 can black beans, drained and rinsed (12 cups) (2 pounds dried beans)
1 #10 can kidney beans, drained and rinsed (12 cups) (2 pounds dried beans)

Serving suggestions (optional):

Top with diced avocados, thinly sliced scallions, and/or chopped cilantro.

Serve plain, on rice or pasta, or over a baked potato or sweet potato half.

Procedure:

Below is the procedure for cooking in a home kitchen. Cafeteria staff will know best how to adjust the procedure for using whatever cafeteria kitchen equipment they prefer to use. Please keep an eye on it during the simmer: if there is too much evaporation during cooking, add water and make a note on the recipe; if the finished chili is too wet, please adjust the recipe for less broth.

1. Heat the water, vegetable broth, or oil in a Dutch oven or large saucepan over medium heat. Add the onion, celery, and garlic, and cook until soft, 6 to 8 minutes. Add the cocoa powder, chili powder, cumin, paprika, salt, and pepper, and stir to combine. Cook for 2 minutes, stirring frequently to ensure the spices don't burn. Stir in the molasses and lentils and cook for a minute more.
2. Add the tomatoes, broth, and beans, and stir to combine. Bring to a boil, then reduce the heat to low and simmer for 30 minutes, stirring occasionally to prevent the chili from sticking to the bottom of the pot.