

GREEN CHILI

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	Yield: 1.25 gallons		Directions
	Weight	Measure	
Onions, raw	4 oz.		1. Peel and dice onions.
Olive, salad, or cooking oil		¾ cup	2. Heat kettle on medium-high heat for 3 to 4 minutes until hot. Add oil and let heat for 2 to 3 minutes. 3. Add diced onions, sauté thoroughly for 5 to 7 minutes until translucent.
Garlic, granulated		1 ½ Tbsp.	4. Add dry spices and flour to the mixture and stir thoroughly until well mixed. Continue to cook and stir for the 3 to 5 minutes until a paste consistency is reached.
Chili powder		1 ½ Tbsp.	5. Add drained diced tomatoes, diced green chilies, jalapenos (drained and chopped), cold water and vegetable base to the mixture, and stir until well mixed.
Ground cumin		2 Tbsp. +2 tsp.	6. Continue to stir/mix well and bring product up to a boil. Once boiling, reduce heat to low simmer (medium-low) for an additional 30 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Red pepper flakes		2 ¼ tsp.	7. Place green chili into 4" pan (about 2 gallons per pan) and place on speed racks. Add 1 ice wand per 4" pan to assist with the cooling process. Place speed rack into the blast/freezer until properly cooled. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
Salt		1 ½ tsp.	8. Transfer cooled green chili to 3 gallon containers (2.5 gallons per container), and refrigerate or freeze until needed.
White pepper		2 ¼ tsp.	
All-purpose flour	7 oz.		
Canned diced tomatoes, drained		¼ -#10 can, drained	
Canned green chile peppers		3/8 -#10 can, undrained	
Canned jalapeno peppers, drained		1/3 cup + 2 tsp.	

Water		3 qts. + 3 cups	
Vegetable stock base, low sodium		1 ½ Tbsp.	

Nutrition Information (per ½ cup serving)

Calories: 70/Protein: 1 g/Carbohydrate: 7 g/Fiber: 1 g
 Saturated fat: 0.5 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 3 g
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 145 mg/Potassium: 50 mg