



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Chili-Riffic Black Beans

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Black beans, canned, drained, rinsed	3.5 lbs	
Diced Spanish/yellow onion	1 lb	3 cups
Diced celery	1 lb	3 cups
Diced baby carrots	1 lb	3 cups
Canned diced tomatoes	6 lbs	
Fresh chopped garlic		1 tsp
Garlic, granulated		1 tsp
Ground cumin		1 tsp
Chili powder (dark)		1 tsp
Paprika (sweet)		1 tsp
Whole cinnamon sticks		1 piece
Bay leaves		3 pieces
Salt		1.5 Tbsp
Hot sauce		1/8 cup
Olive oil		1/2 cup

Directions

1. Heat oil in a 6-8 gallon Rondo (wide-mouthed flat pot or pot). Sauté garlic and onions. Add celery and carrots. Cook 5 minutes.
2. Add soaked dry beans (or canned beans) and dry spices (reserve salt and hot sauce). Stir to coat.
3. Add 1 gallon of water and simmer 1.5 hours.
4. Add tomatoes (with juice) and hot sauce. Bring back to simmer. Adjust salt. Remove from heat when beans are tender.
5. If using canned black beans, be sure to rinse for 3 seconds to reduce the sodium.

Notes

Serving Tips:

Can be served as meal, side dish, or blended for black bean dip.

My Notes

Source: Blue Ridge Elementary School/Fannin County School System (Recipes for Healthy Kids Challenge)

