

Super Sweet Potato & Black Bean Chili



THE HUMANE SOCIETY
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{4}$ -#10 cans
Kidney beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Black beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	15 lbs. 8 oz. OR 11 lbs.		31 lbs. OR 22 lbs.	
Salt		2 Tbsp.		$\frac{1}{4}$ cup
Chili powder		$\frac{1}{2}$ cup		1 cup
Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cumin		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable broth, divided		1 pint		1 quart
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts
Lime juice, fresh		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sweat the onions and diced sweet potatoes with half of the vegetable broth in a steam-jacketed kettle, tilt skillet, or stove top, until onions and potatoes soften, about 10 minutes.
2. Add the black and pinto beans, salt, chili powder, garlic, cumin, diced tomatoes, combine and stir for approximately one minute.
3. Add remaining vegetable broth and add 1 cup of water until desired thickness is achieved.
4. Cover and simmer the chili until sweet potatoes are tender, approximately 15-25 minutes.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

5. If desired, add the fresh lime juice and stir thoroughly.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Super Sweet Potato & Black Bean Chili



THE HUMANE SOCIETY
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Each chili serving provides 2 meat/meat alternates, and $\frac{3}{4}$ cup red/orange vegetable and $\frac{1}{8}$ cup other vegetable.

Nutrition Information*Estimated from USDA Nutrient Database

Calories: 208 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 44g (10g fiber) Protein: 9g Sodium: 537mg