

# VEG-OUT CHILI BOWL



## Meat/Meat Alternate-Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/4 cup		1/2 cup	<ol style="list-style-type: none"> <li>Heat oil in a steam-jacketed kettle.</li> <li>Add the onions and sauté 3 minutes, until translucent.</li> <li>Add the green peppers and sauté 2 minutes, until tender.</li> <li>Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.</li> <li>Add the kidney beans, bulgur, and water. Simmer 25 minutes, uncovered.</li> <li>Pour into medium half-steam-table pans (10x12x4 in). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</li> <li>CCP: Hold for hot service at 135 F or higher.</li> <li>CCP: Heat to 140 F or higher for at least 15 seconds.</li> </ol> Portion with 6 oz. ladle (3/4 cup). Serve with garlic bread or over a bed of brown rice.
Onions, fresh, chopped	1 lb, 4 oz or	3 1/3 cups or	2 lb, 8 oz	1 qt, 2/3 cups	
or dehydrated onions	3 3/4 oz	1 1/2 cups, 2 Tbsp	or 7 1/2 oz	or 3/4 cups	
Green peppers, chopped, fresh or frozen	10 oz or 1 lb, 1 oz	1 3/4 cups, 2 Tbsp or 3 cups	1 lb, 4 oz or 2 lb, 2 oz	3 3/4 cups or 1 qt, 2 cups	
Chili powder	1 1/2 oz		3 oz		
Cumin, ground	1 oz		2 oz		
Hot sauce (optional)		1/4 cup		1/2 cup	
Granulated garlic		1 Tbsp, 1 tsp		2 Tbsp, 2 tsp	
Onion powder		2 tsp		1 Tbsp, 1 tsp	
Brown sugar, packed	4 oz	1/2 cup	8 oz	1 cup	
Crushed tomatoes, canned, with juice	6 lb, 6 oz	3 qt (1 #10 can)	12 lb, 12 oz	1 gal, 2 qt (2 #10 cans)	
Tomatoes, diced, canned, with juice	1 lb, 2 1/2 oz	2 cups, 2 Tbsp (1 #2 1/2 can)	2 lb, 5 oz	1 qt, 1/4 cup (2 #2 1/2 cans)	
Beans, kidney, canned, drained	5 lb, 9 oz	3 qt, 1/2 cup (1 1/4 #10 cans)	11 lb, 2 oz	1 gal, 2 3/4 qt (2 1/2 #10 cans)	
No. 3 bulgur	1 lb	3 cups	2 lb	1 qt, 2 cups	
Water		2 cups		4 cups	

Serving	Yield	Volume
6 oz. ladle	50 Servings	About 2 gal, 1 1/2 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate equivalent, 3/8 cup vegetable, and 1/4 serving grains/breads.	100 Servings	About 4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	103 kcal	Saturated Fat	0.31 g	Iron	2.03 mg	% of calories from fat	16.50%
Protein	4.75 g	Cholesterol	0 g	Calcium	62 mg	% of calories from saturated fat	2.58%
Carbohydrate	18.11 g	Vitamin A	36 mcg	Sodium	264 mg	% of calories from sugar	23.73%
Total Fat	1.96 g	Vitamin C	11.75 mg	Dietary Fiber	4.12 g		

Notes: Equipment list: stockpot. 2)PHF-Same Day Service.