



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

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Park City Chili

Makes: 50 servings



50 Servings

Ingredients	Weight	Measure
Vegetable oil	4 oz	1/4 cup
Onion, frozen, diced	10 oz	2 cups
Carrots, frozen, diced	10 oz	2 cups
Celery, frozen, diced	8 oz	2 cups
Green or red pepper, frozen, diced	10 oz	2 cups
Garlic, minced	3 oz	1/2 cup
Pinto beans, canned USDA reduced sodium, drained	8 lb 14 oz (142 oz)	1 1/2 gal 1 1/2 cup (2 3/4 No. 10 cans)
Diced tomatoes, canned USDA reduced sodium, with liquid	102 oz	1 No. 10 can
Chili powder	2.1 oz	1/2 cup
Cumin	14 g	2 Tbsp
Salt	2.5 Tbsp	45 g
Water	128 oz	16 cups
Corn grits, quick, dry	1 lb	3 cups

Directions

1. In a large stockpot, saute onions, carrots, celery, and bell pepper in vegetable oil for about 10 minutes or until onions are translucent.
2. Add garlic and saute for an additional 1-2 minutes.
3. Add beans, tomatoes, spices, and water and bring to a boil. Reduce heat and simmer for 30 minutes or until vegetables are tender.
4. Add grits and cook over low heat for 3-5 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
5. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Serving Tips:

This hearty vibrant vegan chili is a delicious and nutritious main course. The spices make this mouth watering chili a tasty, not spicy winner with everyone, including the kids. The polenta (corn grits) help make it a substantial and satisfying meal.

My Notes

Source: McPolin Elementary (Recipes for Healthy Kids Challenge)

