

School & Institutional Size Recipes

Pita Pizzas

(contributed by Jennifer Raymond)

Yields 75 to 100 pizzas

1 #10 can tomato sauce or crushed tomatoes
 3 15-ounce cans tomato paste
 2 tablespoons garlic powder
 1 tablespoon each: basil, oregano, thyme
 75 to 100 (pieces) pita breads
 20 to 30 cups chopped vegetables including green onion, bell pepper, and mushrooms

Procedure: Turn pita bread upside down so it looks like a saucer. Spread with pizza sauce. Top liberally with chopped vegetables. Place on a cookie sheet and bake about 10 minutes at 375°F until the edges are lightly browned.

Nutrition information per pizza:

Calories:	85 calories (9% from fat)
Protein:	7 g
Carbohydrate:	35 g
Fat:	2 g
Sodium:	337 mg
Calcium:	76 mg

Chili Con Vегgie

(contributed by Jennifer Raymond)

Yields about 4 gallons

12 cups chopped onions
 1/3 cup minced garlic
 1 quart diced bell peppers, fresh or frozen
 2 #10 cans crushed tomatoes
 3 #10 cans pinto beans, including liquid
 1 #10 can corn, including liquid
 1 30-ounce package Archer Daniels
 Midland (ADM) Harvest Burger Dry Mix
 (or 8 cups other textured vegetable
 protein)
 1-1/2 quarts water
 1 cup chili powder (more for a spicier chili)
 1/4 cup ground cumin
 1 teaspoon salt

Procedure: Heat about 1 cup of water in a large pot or steam-jacketed kettle and cook the onions and garlic about 5 minutes until the onions are soft. Add the remaining ingredients and simmer about 30 minutes, stirring occasionally. Add water if the chili becomes too thick.

Nutrition information per 1/2 cup: (USDA/SNAP)

Calories:	152
Protein:	9 g
Carbohydrate:	27 g
Fat:	0 g
Cholesterol:	0 mg
Fiber:	7 g
Sodium:	319 mg
Vitamin A:	96 RE
Vitamin C:	13 mg
Iron:	3 mg
Calcium:	65 mg