

Protein-Packed Two Bean Chili



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM SAVANNAH-CHATHAM COUNTY SCHOOLS, SAVANNAH, GEORGIA
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		1 gal + 3 ¼ cups		2 gallons + ¾ quart
Tomato paste		1 ¾ quarts		2 ½ quarts
Kidney beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Onions, fresh, chopped	1 lb.		2 lbs.	
Green peppers, fresh, diced	8 oz		1 lb.	
Carrots, shredded	1 lb.		2 lbs.	
Corn, tempered	8 oz		1 lb.	
Salt		2 Tbsp.		¼ cup
Chili powder		3/8 cup – ½ cup		¾ cup – 1 cup
Garlic, granulated		1 ½ tsp.		1 Tbsp.
Oumin		½ tsp.		1 tsp.
Water		1 pint		1 quart

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

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

Preparation

1. Sauté onions and peppers.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add drained beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.

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

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.

Each chili serving provides 2 meat/meat alternates, and ½ cup red/orange vegetable.

For a 1 ½ meat/meat alternate sauce, remove black beans.

Nutrition Information* From USDA Nutrient Database

Calories: 209 Total Fat: 1.75g Saturated Fat: 0.5g Carbohydrate: 40g (13g fiber) Protein: 12g Sodium: 570mg

