

# Vegetarian Chili

Saint Paul Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Portion Size: 6 oz.

One portion provides: 3/4 cup vegetables OR

1 1/4 oz meat/meat alternates and 1/4 cup vegetable

Ingredients	
Olive oil	1/2 cup
Onions, raw, chopped	1 qt
Green peppers, raw, chopped	1 1/2 qt
Coriander seed	2 tbsp
Garlic, raw	2 tbsp
Red peppers, chopped	1 1/3 cup
Tomatoes, canned, diced, reg pk	2 no. 10 cans, w/ juice
Tomato sauce	1 no. 10 can
Water	1 gal
Cumin, ground	2 tbsp
Chili powder	1/2 cup
Salt	1 tbsp + 1 tsp
White pepper	1 tbsp
Red or cayenne pepper	1 tsp
Pinto beans, red-sodium, canned, drnd	2 no. 10 cans
Black beans, canned, drained	1 gal

## Instructions

1. Sauté onion, peppers, coriander and garlic in olive oil for 10 minutes.
2. Add canned tomatoes, tomato sauce and water. Stir to combine.
3. Add remaining seasonings and heat to 165° F, stirring every 15 minutes.
4. Add drained, rinsed beans to tomato mixture and heat to 180° F, stirring every 15 minutes.

Nutritional Information					
Calories	163	Iron	3 mg	Protein	7 g 17%
Cholesterol	0 mg	Calcium	67 mg	Carbohydrates	20 g 50%
Sodium	586 mg	Vitamin A	483 IU	Total Fat	1.6 g 8.6%
Dietary Fiber	7 g	Vitamin C	19 mg	Saturated Fat	0.2 g 1.3%
				Trans Fat	0.0 g 0.0%