

# Smokin' Powerhouse Quinoa Chili

Hopkins Public Schools

HACCP Process #2: Same Day Service

Number of Portions: 50

Portion Size: 1 cup

Alternate Recipe Name: Smokin' Powerhouse Chili

One portion provides: 1/2 serving grains/breads AND

1/2 oz meat/meat alternate and 1 1/8 c vegetable OR

1 1/2 cup vegetable

Ingredients	
Vegetable base, reduced sodium	6 1/4 cups prep.
Onion, fresh, chopped	3 lbs 2 oz
Garlic, fresh, chopped natural in water	3 1/3 oz
Carrots, fresh raw, sliced	3 lbs 2 oz
Red pepper, raw, chopped	1 lb 9 oz
Chipotle pepper paste	3 1/2 oz
Sweet potato, raw, cubed	3 lbs 2 oz
Quinoa	2 lbs 6 oz
Tomatoes, diced in juice	1 1/4 no. 10 cans
Tomato sauce, canned	2/3 no. 10 can
Chili powder, mild	1/3 cup + 4 tsp
Cumin, ground	1/3 cup + 4 tsp
Cilantro, raw, chopped	1 2/3 cups
Corn, sweet yellow, frozen, comm.	1 lb 15 2/3 oz
Black beans, low sodium	1 1/4 no. 10 cans

## Instructions

1. Heat half the stock and steam/sauté onions and garlic in a braising pan or stock pot. Add carrots, pepper, chipotle pepper paste and simmer 10 minutes.
2. Cook quinoa according to package instructions.
3. In another pan, lightly steam/cook sweet potatoes until slightly soft.
4. Add the other half of the stock, cooked quinoa, diced tomatoes, tomato sauce, cilantro and spices to the chipotle vegetable mixture. Allow to thicken and the flavors to blend; approximately 15-20 minutes
5. Add beans, corn, sweet potatoes, and bring to a simmer again. Serve with 8 oz ladle.

**Suggestions:** This dish is complimented by a dollop of sour cream or some of your favorite shredded cheese and a side of baked whole grain tortilla chips.

**Tip for cooked quinoa:** quinoa cooks with 2 parts water to 1 part quinoa.

Nutritional Information					
Calories	210	Iron	5 mg	Protein	9 g 17%
Cholesterol	0 mg	Calcium	78 mg	Carbohydrates	4 g 80%
Sodium	377 mg	Vitamin A	5965 IU	Total Fat	1.9 g 8.1%
Dietary Fiber	9 g	Vitamin C	41 mg	Saturated Fat	0.2g 1.0%
				Trans Fat	0.0 g 0.0%