

# Vegetable Chili

Simple savory vegetarian chili with pinto beans developed by the California Culinary Centers for school food service menu planning.

Yields 57 Servings

This recipe yields one–12 inch by 10 inch by 6 inch, steam table pan of chili for 57 servings:  $\frac{2}{3}$  cup or one number 6 scoop.

## Ingredients

Ingredients list includes measure by **weight** or volume. Choose one measure, either **weight** or volume, for the ingredient. **Weight** is listed first in bold.

**13 pounds and 8 ounces** or 1 gallon and 2½ cups (two number 10 cans), canned pinto beans (U.S. Department of Agriculture [USDA] food item)

**6 pounds and 12 ounces** or 3 quarts and  $\frac{1}{3}$  cup (one number 10 can) canned salsa (USDA food item)

**3 pounds and 3 ounces** or 1 quart, 2 cups, and 2 tablespoons ( $\frac{1}{2}$  number 10 can) canned tomatoes, diced (USDA food item)

**5½ ounces** fresh garlic cloves

$\frac{1}{3}$  cup onion, granulated

**8 ounces** taco seasoning

1 cup chili powder

1 tablespoon black ground pepper

2 tablespoons ground cumin

2 cups water

## Directions

1. Combine pinto beans, salsa, and diced tomatoes in 5 gallon container.
2. Trim, peel, and mince garlic to measure  $\frac{1}{3}$  cup for 57 servings.
3. Add garlic, granulated onion, taco seasoning, chili powder, pepper, cumin, and water to bean mixture. Place in one–12 inch by 20 inch by 6 inch steam table pan. Note: May prepare up to two days prior to serving.
4. Marinate beans in refrigerator overnight. Critical Control Point (CCP): Hold in refrigerator at 41°F or lower.
5. Heat beans uncovered in steamer, oven, or on stove top range for 30 minutes. CCP: Heat until temperature reaches 165°F for 15 seconds.
6. Serve  $\frac{2}{3}$  cup or one number 6 scoop of chili for each serving.

## Nutritional Analysis

Calories, in K calories: 203  
Carbohydrates, in grams: 38.40  
Protein, in grams: 11  
Saturated fat, in grams: .30  
Trans fat, in grams: 0  
Total fat, in grams: 1.8  
Sodium, in milligrams: 670.2

## Serving Suggestion

- Yield 57 or yield 114— $\frac{2}{3}$  cup or one number 6 scoop servings of chili.
- Serve with [Jalapeno Polenta](#)

## Contribution to Meal Pattern

The contribution to the meal pattern for this recipe is based on the suggested serving size above.

- 1.25 ounce equivalents meat/meat alternate

If you decide to modify this recipe or serving size, you may use the tools available on the [CA Culinary Centers Standardized Recipes web page Resources tab](#) to create your own standardized recipe or find the contribution to the meal pattern.

## U.S. Department of Agriculture Food Items

- Canned pinto beans
- Canned tomatoes
- Canned salsa

## Recipe Roots (Flavor Profile)

- Southwest USA
- Central/South America
- Mediterranean

## Preparation Time

- Preparation time: 35 minutes
- Cooking time: 30 Minutes

## Critical Control Point (CCP)

- CCP: Hold for service in refrigerator at 41°F or lower.
- CCP: Heat until temperature reaches 165°F for 15 seconds.