



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Veggie Chili

Makes: 50 Servings



Ingredients	Weight	50 Servings Measure
Carrots, chopped		2 cups
Onion, chopped		1 cup
Garlic, minced		1-1/8 tsp
Water		5 cups
Kidney Beans, dried		7 cups
Black beans, dried		7 cups
Pinto beans, dried		7 cups
Great Northern beans, dried		7 cups
Chili powder		1 Tbsp
Cumin		2 tsp
Salt		1 tsp
Crushed Tomatoes		3.5 cups
Tomato paste		2 Tbsp
Chile Peppers		2 Tbsp
Lemon juice		1 tbsp + 1 tsp

Directions

1. Place beans in a large bowl or kettle. Cover and soak overnight.
2. Cook carrots, onions, and garlic in 1/2 cup water over medium heat until carrots and onions soften.
3. Place carrot mixture, rest of water, beans, chili powder, cumin, and salt into a large pot or kettle. Cook on low heat setting until beans are tender. (2-3 hours).
4. When beans are tender increase heat to high and add all remaining ingredients.
5. Return to low heat and simmer until ready to serve.

Notes

Serving Tips:

This is a main dish. A variety of legumes creating a vegetarian entree.

My Notes

Source: Dallastown Intermediate School (Recipes for Healthy Kids Challenge)

