



Vegetarian Black Bean Chili

P-308-00

Soups

Color Code: Green

Sodium: High

Yield: 100 Portions

Each Portion: 1 cup (8-½ oz)

Temperature: 350°F (177°C)

Time: 25 - 30 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	¾ cup	4-¾ oz	
BELL PEPPER, RED, DICED ¼-INCH	2-½ qt	3 lb 5 oz	4 lb
ONION, YELLOW, DICED ¼-INCH	2-½ qt	3 lb 8 oz	4 lb 3 oz
GARLIC, FRESH, MINCED, IN WATER	2 cup	12 oz	
CHILI POWDER, GROUND	¾ cup + 2 tbsp	4 oz	
SALT	¼ cup + 2 tbsp	3-¾ oz	
CUMIN, GROUND	1 cup + 2 tbsp	3-¾ oz	
GARLIC, GRANULATED	¼ cup	1-½ oz	
OREGANO, DRY	¼ cup + 1 tbsp	1 oz	
CAYENNE PEPPER, GROUND	1-½ tsp	0.10 oz	
BEAN, BLACK, CANNED, DRAINED, RINSED	3 gal + 3 cup	19 lb 12 oz	5 No. 10 cans
TOMATOES, CANNED, DICED	2 gal + 2 cup	17 lb 11 oz	3-¼ No. 10 cans
CORN, KERNELS, FROZEN	1 gal + 3 cup	6 lb 14 oz	
BASE, VEGETARIAN, LOW SODIUM	¾ cup	7-¾ oz	
WATER, WARM	3 qt	6 lb 4 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice red bell peppers and yellow onions to a ¼-inch dice.
2. Preheat tilt skillet to 350°F (177°C)

3. Add oil to preheated tilt skillet. Sauté peppers, onions and garlic for 4 to 5 minutes.
4. Add chili powder, salt, cumin, granulated garlic, oregano and cayenne pepper to peppers and onions. Mix to incorporate.
5. Add black beans, diced tomatoes and corn to vegetable mixture. Toss all vegetables together.
6. Reconstitute vegetable base with warm water; add to tilt skillet.
7. Bring mixture to a boil. Lower the temperature of the tilt skillet to 300°F (148°C) and reduce chili to a simmer. Continue to simmer chili, uncovered, for 20 to 25 minutes. CCP: Internal temperature must reach 135°F (68°C).
8. Remove chili from tilt skillet. Hold for hot service at 135°F (57°F).

RECIPE NOTES

1. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	165
Carbohydrates	30 g
Sugars*	5 g
Protein	8 g
Fat	2.5 g
Saturated Fat	0.3 g
Sodium	840 mg
Calcium	75 mg
Fiber	8.8 g



Combat Capabilities Development Command-Soldier Center // U17-238