



Sweet Potato Chili

P-316-00

Soups

Color Code: Green

Sodium: High

Yield: 100 Portions

Each Portion: 1-½ cup (13 oz)

Temperature: 350°F (177°C)

Time: 24 - 33 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER	3-¾ gal + 2 cup	32 lb 5 oz	
BASE, VEGETABLE, LOW SODIUM	1 cup	10-¼ oz	
OIL, CANOLA	1-¼ cup	9-½ oz	
ONION, YELLOW	1 gal + 1-½ qt	6 lb 6 oz	7 lb 5 oz
PEPPER, BELL, RED	2-½ qt	2 lb 11 oz	3 lb 6 oz
PEPPER, BELL, GREEN	2-½ qt	2 lb 11 oz	3 lb 6 oz
GARLIC, PREMINCED IN WATER	4-¾ cup + 2 tbsp	1 lb 13 oz	
JALAPENO, CANNED	1-¼ cup + 3 tbsp	9 oz	¼ No. 10 Can
CHILI POWDER	1-½ cup + 3 tbsp	8 oz	
SALT	½ cup + 3 tbsp	7 oz	
CUMIN, GROUND	½ cup + 1 tbsp	1-¾ oz	
PAPRIKA, GROUND	½ cup	1-¾ oz	
POTATOES, SWEET	3 gal + 2 cup	14 lb 15 oz	18 lb 11 oz
BEANS, CANNELLINI, CANNED	2-½ gal	14 lb 10 oz	3-½ No. 10 Can
TOMATOES, CANNED, DICED	1 gal + 1-½ qt	10 lb 15 oz	1-¾ No. 10 Can
CORN, FROZEN, THAWED	1 gal + 1-¼ qt	6 lb 8 oz	
LENTILS, RED	3-¾ qt	5 lb 3 oz	
WATER	2-¾ cup	1 lb 6 oz	

CORNSTARCH

2- $\frac{2}{3}$ cup

11 oz

DIRECTIONS

CP: Thaw corn under refrigeration at 41°F (5°C).

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Peel sweet potatoes. Dice sweet potatoes, onion, and bell pepper to a ½-inch dice. Drain and mince jalapeno. Drain and rinse beans.
2. Preheat tilt skillet to 350°F (177°C).
3. Combine first measure of water with vegetable base; whisk until fully incorporated. Reserve for use in Step 7.
4. In a preheated tilt skillet, heat oil. Sauté onion, bell pepper, garlic and jalapeno for 5 to 8 minutes.
5. Add chili powder, salt, cumin and paprika. Continue to cook for 1 to 2 minutes.
6. Add reconstituted vegetable broth, sweet potatoes, beans, tomatoes, corn, and lentils. Stir well; simmer for 15 to 20 minutes.
7. Combine second measure of water with cornstarch. Add cornstarch slurry to soup while stirring constantly. Simmer for 3 minutes or until thickened. CCP: Internal temperature must reach 135°F (57°C).
8. Remove from heat and serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed on a tilt skillet with a 30-gallon capacity, with dimensions measuring 2 ft. 4 in. x 2 ft. 2 in. If using other sizes of equipment, cook times and batch sizes may vary.
2. One serving, 1½ cup, provides 14g protein. To offer a complete meal, consider pairing with $\frac{3}{4}$ cup brown rice.
3. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	307
Carbohydrates	56 g
Sugars*	9 g
Protein	14 g
Fat	4 g
Saturated Fat	0.5 g
Sodium	1177 mg
Calcium	131 mg
Fiber	10.4 g



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