



Ch Ch Ch Chili

Makes: 50 Servings

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Ingredients	Weight	Measure
Carrot whole, grated		4 carrots
Celery stalks, sliced		4 celery stalks
Garlic cloves, minced		8 cloves
Onion, whole, chopped		4 onions

	Sweet Potato, whole, grated	4 cups
Diced, canned, tomato		21 cups
Kidney beans, canned	108 oz	
Tomato paste		2 cups
Chili powder		1/4 cup
Cumin, crushed		4 tsp
Crushed Red Pepper, flakes		2 tsp
Salt		1/2 tsp
Pepper, black		1/2 tsp

Directions

1. Heat olive oil in large stockpot over medium heat.

2. Saute carrots & sweet potatoes for about 3 minutes.
3. Add celery & onion, and cook until al dente.
4. Add remaining ingredients & spices & bring to a simmer.
5. Lower heat and cook for one hour. Serve.

Source: BFA-Fairfax, Fairfax, Vermont (Recipes for Healthy Kids Competition)