

Smokin' Powerhouse Chili

Meal Components: Vegetable, Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, Soups & Stews, D-58r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	3 lb	2 qt 1 3/8 cups	6 lb	1 gal 2 3/4 cups	<ol style="list-style-type: none"> 1. Coat a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") with pan release spray. Sauté onions and garlic for 2 minutes. 2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4. 3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
Fresh garlic, minced	4 oz	1/2 cup	8 oz	1 cup	
Low-sodium vegetable stock		1 qt 2 1/4 cups	6 lb 8 oz	3 qt 1/2 cup	
*Fresh carrots, diced 1/2"	3 lb 2 oz	3 qt 2 2/3 cups	6 lb 4 oz	1 gal 3 qt	
*Fresh red bell peppers, diced	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup	
Dry ground chipotle pepper		2 Tbsp		1/4 cup	

Canned low-sodium diced tomatoes	5 lb 13 oz	3 qt 2 cups (1 1/3 No. 10 cans)	11 lb 10 oz	1 gal 3 qt (2 2/3 No. 10 cans)	4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.
Canned low-sodium tomato sauce	3 lb 7 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	6 lb 14 oz	3 qt 3 cups (1 1/3 No. 10 cans)	
Fresh cilantro, chopped	2 1/2 oz	2 cups	5 oz	1 qt	
Chili powder	2 oz	1/2 cup	4 oz	1 cup	
Ground cumin		1/2 cup	3 1/2 oz	1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
*Fresh sweet potatoes, peeled, diced 1/2"	2 lb 4 oz	1 qt 2 1/2 cups	4 lb 4 oz	3 qt 1 cups	5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 1/2").
Canned low-sodium black beans drained, rinsed	6 lb	1 gal (2 1/2 No. 10 cans)	12 lb	2 gal (5 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See	6 lb	1 gal	12 lb	2 gal	

Frozen corn, thawed, drained	2 lb	1 qt 2 cups	4 lb	3 qt	7. Critical Control Point: Hold for hot service at 135 °F or higher.
Quinoa, dry	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 qt 3 cups		3 qt 2 cups	<p>9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel.</p> <p>10. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (¼ cup) cooked quinoa.</p> <p>12. If desired, serve chili with ¼ cup brown rice in place of quinoa.</p>

Notes

Our Story

The recipe challenge team developed dishes that were prepared by school nutrition staff and offered to students during their lunch hour. Taste test results showed that Smokin' Powerhouse Chili was a success! This dish stands apart because of its warm, rich flavors. As the recipe challenge team describes it, Smokin' Powerhouse Chili is "the bomb!" It is the healthiest and tastiest chili you'll ever eat!

As a main dish, it has a smoky blend of spices and some of Minnesota's best harvest to warm you up from the inside out on a cold winter's day!

West Junior High School

Minnetonka, Minnesota

School Team Members

School Nutrition Professional: Barbara Mechura

Chef: Jenny Breen, MS (Co-owner, Good Life Catering)

Community Members: Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

Students: Ryan K., Liam P., Ty L., Miranda H., and Matt H.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

1 cup (8 fl oz ladle) chili and 1/4 cup (No. 16 scoop) quinoa provides:

Legume as Meat Alternate: 1/2 oz equivalent meat alternate, 1/2 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1/2 oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 1/2 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1/2 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	3 lb 8 oz	7 lb
Carrots	4 lb 8 oz	9 lb
Red bell peppers	2 lb	4 lb
Sweet potatoes	3 lb	6 lb
Dry black beans	3 lb 8 oz	7 lb

Serving	Yield	Volume
1 cup (8 fl oz ladle) chili and 1/4 cup (No. 16 scoop) quinoa provides: Legume as Meat Alternate: 1/2 oz eq meat alternate, 1/2 cup red/orange veg, 1/8 cup other veg, 1/8 cup additional veg, and 1/2 oz eq grains. OR Legume as Vegetable: see notes below.	50 Servings: about 27 lb 100 Servings: about 56 lb	50 Servings: about 3 gallons 2 quarts 2 steam table pans 100 Servings: about 7 gallons 4 steam table pans

Nutrients Per Serving					
Calories	184	Saturated Fat	Iron	3 mg	
Protein	7 g	Cholesterol	Calcium	63 mg	
Carbohydrate	38 g	Vitamin A	9024 IU	Sodium	256 mg
Total Fat	2 g	Vitamin C	39 mg	Dietary Fiber	8 g