Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		⅓ cup 2 tsp		¾ cup	1. Heat oil in a roasting pan/square head pan (20 ⅞"x 17 ⅜" x 7") on top of stove.
*Fresh onions, diced	1 lb 6 ½ oz	1 qt ⅔ cup	2 lb 13 oz	2 qt 1 ⅓ cups	2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
*Fresh green bell peppers, diced	1 lb ½ oz	3 cups	2 lb 1 oz	1 qt 2 cups	
Canned low-sodium pinto beans, drained, rinsed OR *Dry pinto beans, cooked (See Notes Section)	1 lb 5 oz OR 1 lb 5 oz	3 cups (½ No. 10 can) OR 3 cups	2 lb 10 oz OR 2 lb 10 oz	1 qt 2 cups (1 ⅛ No. 10 cans) OR 1 qt 2 cups	
Canned low-sodium kidney beans, drained, rinsed OR *Dry kidney beans, cooked (See Notes Section)	1 lb 5 ½ oz OR 1 lb 5 ½ oz	3 ⅓ cups (½ No. 10 can) OR 3 ⅓ cups	2 lb 11 oz OR 2 lb 11 oz	1 qt 2 ⅔ cups (1 ⅛ No. 10 cans) OR 1 qt 2 ⅔ cups	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	2 lb 6 oz OR 2 lb 6 oz	1 qt ½ cup (⅔ No. 10 can) OR 1 qt ½ cup	2 lb 12 oz OR 2 lb 12 oz	2 qt 1 cup (1 ⅓ No. 10 cans) OR 2 qt 1 cup	
Chili powder	5 oz	¾ cup	10 oz	1 ½ cups	
Canned low-sodium diced tomatoes	2 lb 11 oz	1 qt 1 cup (½ No. 10 can)	5 lb 6 oz	2 qt 2 cups (1 No. 10 can)	3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
Low-sodium chicken stock		2 qt ⅔ cup		1 gal 1 ⅓ cups	
Hot sauce		2 tsp		1 Tbsp 1 tsp	

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

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Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium tomato paste	1 lb 2 oz	2 cups (⅔ No. 2 ½ can)	2 lb 4 oz	1 qt (⅓ No. 10 can)	4. Add tomato paste and mix well. Cook for an additional 10 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					5. Pour into serving pans. 6. Critical Control Point: Hold for hot service at 135 ° F or higher.
Reduced-fat cheddar cheese, shredded	7 oz	2 cups	14 oz	1 qt	7. Combine cheddar and mozzarella cheeses.
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	7 oz	2 cups	14 oz	1 qt	
Low-sodium tortilla chips	1 lb 2 oz	124 chips	2 lb 4 oz	248 chips	
					8. Portion with 6 fl oz ladle (¾ cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

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Notes

*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 pinto beans = about 2 ⅜ cups dry or 5 ¼ cups cooked beans.
1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

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	100 Servings
Mature onions	1 lb 10 oz	3 lb 4 oz
Green bell peppers	1 lb 6 oz	2 lb 12 oz
Dry pinto beans	6 oz	12 oz
Dry kidney beans	14 oz	1 lb 12 oz
Dry black beans	1 lb	2 lb

Nutrients Per Serving

Calories	141.07	Saturated Fat	1.16 g	Iron	1.73 mg
Protein	7.26 g	Cholesterol	4.28 mg	Calcium	117.93 mg
Carbohydrate	20.72 g	Vitamin A	1226.43 IU (63.57 RAE)	Sodium	159.49 mg
Total Fat	4.20 g	Vitamin C	14.13 mg	Dietary Fiber	5.04 g

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ oz equivalent grains. OR **Legume as Vegetable:** ¼ oz equivalent meat alternate, ⅛ cup legume vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously*	50 Servings: about 18 lb 100 Servings: about 36 lb	50 Servings: about 2 gallons 1 quart 100 Servings: about 4 gallons 2 quarts