



Recipe Name: Very Veggie Chili with Quinoa

File No:



Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12		HACCP Process	
Number of Portions: 100		<input type="checkbox"/> #1 No Cook	
Portion Size: 1½ cup		<input type="checkbox"/> #2 Cook & Serve Same Day	
Serving Utensil:		<input type="checkbox"/> #3 Includes Cooling Step	
Servings Per Pan:			
Ingredients		Weight	Measure
Quinoa, Dry		8 lbs	
Onions, Raw, Chopped		5½ lbs	
Peppers, Bell, Green, Raw, Chopped		1½ lbs	
Broth, Vegetable, Low-Sodium, Divided			2 qt
Tomatoes, Diced, Canned, Undrained, USDA #100329			4 - #10 cans
Tomato Paste, No Salt Added, Canned, USDA #100327			3 qt
Beans, Kidney, Canned, Drained, Rinsed, USDA #100370			3 - #10 can
Beans, Black, Canned, Drained, Rinsed, USDA #100359			4 - #10 cans
Carrots, Raw, Shredded		2 lbs	
Corn, Cnd, Drained, Rinsed, USDA #100313		1 lb	
Chili Powder			1½ cup
Garlic Powder			⅔ cup
Cumin, Ground			⅔ cup
Water			2 qt
Meal Component Contribution		Total Yield	
Meat/Meat Alternate: 2 oz eq		Weight:	
Vegetable Subgroups		Number of Pans:	
DG	RO	BPL	Pan size:
	⅞ cup		Volume:
S	O	A	Nutritional Analysis Based on Portion Size
	⅛ cup		Calories: 337 kcal
Fruit:		Saturated Fats (g): 0.56 g	
Grains: 1 oz eq		Sodium (mg): 586.54 mg	
Based on USDA Food Buying Guide-RAW		Calculated using NutriKids	

Procedure	
1. Prepare quinoa per the package directions. 2. Sweat the onions and peppers in 2½ cup of broth on a stove top or tilt skillet for about 5 minutes or until onions are translucent. 3. Add remaining vegetables, seasonings, cooked quinoa, and water. 4. Simmer for 30 minutes. 5. Stir chili and add remaining broth, 1 cup at a time, until desired consistency is achieved. CCP: Heat to 141°F or higher for 15 seconds. 6. Simmer for 30 minutes or until desired consistency is reached. CCP: Hot hold for service at 135°F or higher.	
<u>Equipment (if not specified in procedures above):</u> DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional	