



Recipe Name: Tofu, Kale, and Bean Chili

File No:



Let's Cook
WISCONSIN SCHOOL MEALS ROCK

Recipe Adapted From:

Bush's Best Bean Co.

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 25	
Portion Size: 1 cup	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure	Procedure
Oil, Olive, Divided		3 Tbsp	1. See Tofu in a Nutshell for tofu preparation information. 2. In a large stock pot heat half of the oil (1½ Tbsp) over medium-high heat. 3. Add tofu, red pepperflakes, and salt. 4. Sear tofu for 2-4 minutes, remove from the pot and set aside. 5. In the same pot, reduce heat to medium, add the remaining oil. 6. Once the oil is hot, add onions, carrots, and corn. 7. Saute for 7-10 minutes. 8. Add garlic and continue to cook for an additional 2-3 minutes. 9. Add both tomatoes, green chilies, broth, beans, and chipotle peppers. 10. Bring to a boil, reduce heat, and allow to simmer. 11. Add the reserved tofu, kale, chili powder, and cumin powder. 12. Simmer for 20-30 minutes CCP: Hot hold for service at 140°F or above.
Tofu, Raw, Firm, Diced	2⅔ lbs		
Pepper, Red, Flakes		½ tsp	
Salt		½ tsp	
Onion, Raw, Chopped	1 lbs		
Carrots, Raw, Chopped		1 cup	
Corn, Frozen, No Salt Added, USDA #100348		1½ cups	
Garlic, Fresh, Minced		2 Tbsp	
Tomatoes, Diced, Canned, No Salt Added USDA #100329		¼ #10 can	
Peppers, Chile, Green, Canned	8 oz		
Tomatoes, Crushed, Canned		3⅛ cups	
Broth, Vegetable, Low-Sodium		1 qt	
Beans, Baked, Vegetarian, Cnd, USDA #100364		½ #10 can	
Peppers, Chipotle in Adobe Sauce, Minced		2 Tbsp	
Kale, Raw, Stems Removed, Chopped	½ lb		
Chili Powder		⅓ cup	
Cumin Powder		2 Tbsp	

Meal Component Contribution		
Meat/Meat Alternate: 1.75 oz eq		
Vegetable Subgroups		
DG	RO	BPL
	¼ cup	
S	O	A
		¼ cup
Fruit:		
Grains:		
Based on USDA Food Buying Guide-RAW		



Total Yield	
Weight:	
Number of Pans:	
Pan size:	
Volume:	
Nutritional Analysis Based on Portion Size	
Calories: 194 kcal	
Saturated Fats (g): 0.97 g	
Sodium (mg): 437.68 mg	
Calculated using NutriKids	

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional