

Chili Cheez Boats

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Prepared chili, heated: Protein-Packed Two Bean Chili Or Super Sweet Potato & Black Bean Chili		3 gallons + 1 pint (50 cups total)		6 ¼ gallons (100 cups total)
Prepared Nacho Cheez Sauce, heated		1 ½ gallons + 1 cup (25 cups total)		3 gallons + 1 pint (50 cups total)
Whole grain rich tortillas, 1 ounce grain equivalent		100 each		200 each
Paprika		Garnish		Garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Heat oven to 350°F.
2. Grease four to eight muffin tins. Line each muffin tin hole with a tortilla, creating a bowl.
3. Bake for 5 minutes, until lightly crisped.
4. Portion ½ cup of chili in each tortilla cup.
5. Top the chili with ¼ cup of the nacho cheez sauce.
6. If desired, sprinkle cups with paprika.
7. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Serve two chili boats per serving to provide 2 meat alternates, 2 ounce grain equivalents and ½ cup other vegetable.

OR

Serve one chili boat per serving to provide 1 meat alternate, 1 ounce grain equivalent and ¼ vegetable.

Nutrition Information per serving *From USDA Nutrient Database

Chili boat using sweet potato chili

Calories: 482 Total Fat: 11g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 82g Fiber: 18g Total Sugar: 14g Protein: 17g Sodium: 945mg (sodium content will vary based on ingredients) Vitamin A: 1311µg Vitamin C: 41mg Calcium: 221mg Iron: 5mg Folate: 141µg

Chili boat using two-bean chili

Calories: 380 Total Fat: 11g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 58g Fiber: 15g Total Sugar: 9g Protein: 14g Sodium: 878mg (sodium content will vary based on ingredients) Vitamin A: 430µg Vitamin C: 24mg Calcium: 174mg Iron: 3mg Folate: 92µg

