

Chili Cheez Nachos

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	Measure	Measure
Prepared chili 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	1 ½ gallons + 1 cup (25 cups total)	3 gallons + 1 pint (50 cups total)
Corn tortillas chips, bulk OR Corn tortilla chips, individually packaged	6 lbs. 4 oz. 50 each	12 lbs. 8 oz. 100 each
Paprika	Garnish	Garnish

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

Preparation

1. Top two ounces of nacho chips with 1 cup of prepared chili and ½ cup nacho cheez sauce.
2. If using individually packaged chips, portion 1 cup of chili in a serving bowl or tray and top with ½ cup nacho cheese sauce.
3. If desired, serve with salsa, lettuce and tomato.

Serving Information

Each serving of nachos provides 2 meat/meat alternates, 2 ounce grain equivalents and ½ cup other vegetable.

OR

Cut the serving amount in half to provide 1 meat alternate, 1 ounce grain equivalent and ¼ vegetable.

Nutrition Information per 2 meat alternate, 2 grain serving *From USDA Nutrient Database

Nachos with sweet potato chili

Calories: 609 Total Fat: 11g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 111g Fiber: 18g Total Sugar: 13g Protein: 20g Sodium: 912mg (sodium content will vary based on ingredients) Vitamin A: 1313µg Vitamin C: 41mg Calcium: 226mg Iron: 5mg Folate: 116µg

Nachos with two-bean chili

Calories: 507 Total Fat: 11g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 87g Fiber: 15g Total Sugar: 8g Protein: 17g Sodium: 848mg (sodium content will vary based on ingredients) Vitamin A: 432µg Vitamin C: 24mg Calcium: 179mg Iron: 3mg Folate: 67µg



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