

Enchilada Chili

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Oil		2/3 cup		1 ¼ cups
Red onion, diced	2 lbs.		4 lbs.	
Red bell peppers, diced	3 lbs. 8 oz.		7 lbs.	
Mushrooms, diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Garlic, minced		½ cup		1 cup
Kidney beans,		1 ¼ #10 can		2 ½ # 10 can
Black beans,		1 ¾ #10 can		3 ½ # 10 can
Refried beans		½ # 10 can		1 # 10 can
Diced tomatoes, canned		1 # 10 can		2 ½ # 10 cans
Vegetable stock		2 – 2 ½ quarts		4 -5 quarts
Mild red enchilada sauce		1 ¾ quarts		3 ¾ quarts
Cumin, ground		3 ½ Tbsp.		7 Tbsp.
Paprika, ground		3 ½ Tbsp.		7 Tbsp.
Oregano, dried, ground		3 ½ Tbsp.		7 Tbsp.
Chili powder, ground		3 ½ Tbsp.		7 Tbsp.
Salt		3 ½ Tbsp.		7 Tbsp.
Pepper		3 ½ Tbsp.		7 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Over medium heat, in a large steam kettle or pot, add oil, sauté chopped onion, peppers, mushrooms and garlic for 5 minutes. Add stock, cumin, paprika, oregano, chili powder, salt and pepper. Cook for 30 minutes, until the vegetables are soft.
2. Add the kidney beans, black beans, refried beans and enchilada sauce, and continue to cook for 1 hour. Until chili is thick and vegetables and beans are soft.

Serving Information

In a bowl, ladle 1 ¾ cup Chili and serve hot.

1 ¾ cup provides: 2 meat alternates, ½ cup red/orange vegetable and 1/3 cup other vegetables to provide ¾ cup vegetable component.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 206 Total Fat: 4.6g Saturated Fat: 0.5g Monounsaturated Fat: 2g Polyunsaturated Fat: 1.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 14g Total Sugar: 7g Protein: 12g Sodium: 750mg Vitamin A: 43µg Vitamin C: 33mg Calcium: 84mg Iron: 3.4mg Folate: 72µg



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