

Protein Packed Two Bean Chili

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
Tomatoes, diced, canned		1 gallon + 3 ¼ cups		2 gallons + ¾ quart
Tomato paste		1 ¾ quarts		2 ½ quarts
Kidney beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 1 ½ -#10 cans		3 gallons + 1 pint OR 3-#10 cans
Black beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 2-#10 cans		3 gallons + 1 pint OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, fresh, diced	8 oz.		1 lb.	
Carrots, shredded	1 lb.		2 lb.	
Corn, tempered	8 oz.		1 lb.	
Salt		2 Tbsp.		¼ cup
Chili powder		½ cup		1 cup
Garlic, granulated		¼ cup		½ cup
Cumin		¼ cup		½ cup
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts

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

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sauté onions and peppers.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

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

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each cup of chili provides 2 meat/meat alternates, and ½ cup red/orange vegetable.

OR

Serve 4 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each ½ cup of chili provides 1 meat/meat alternates, and ¼ vegetable component.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 106 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 20g Fiber: 7g Total Sugar: 5g Protein: 6g Sodium: 470mg Vitamin A: 100µg
Vitamin C: 16mg Calcium: 67mg Iron: 2mg Folate: 48µg



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