

Super Sweet Potato & Black 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: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{4}$ -#10 cans
Kidney beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Black beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	15 lbs. 8 oz. OR 11 lbs.		31 lbs. OR 22 lbs.	
Salt		2 Tbsp.		$\frac{1}{4}$ cup
Chili powder		$\frac{1}{2}$ cup		1 cup
Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cumin		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable broth, divided		1 pint		1 quart
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts
Lime juice, fresh		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup

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

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

Preparation

- Sweat the onions and diced sweet potatoes with half of the vegetable broth in a steam-jacketed kettle, tilt skillet, or stove top, until onions and potatoes soften, about 10 minutes.
- Add the black and pinto beans, salt, chili powder, garlic, cumin, diced tomatoes, combine and stir for approximately one minute.
- Add remaining vegetable broth and add 1 cup of water until desired thickness is achieved.
- Cover and simmer the chili until sweet potatoes are tender, approximately 15-25 minutes.

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

5. If desired, add the fresh lime juice and stir thoroughly.

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.



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Super Sweet Potato & Black Bean Chili

Continued

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Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 2 meat/meat alternates, and $\frac{3}{4}$ cup red/orange vegetable and $\frac{1}{8}$ cup other vegetable.

OR

Using 4 ounce ladle, serve 4 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 1 meat/meat alternates, and $\frac{3}{8}$ cup vegetable serving.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 208 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 44g Fiber: 10g Total Sugar: 10g Protein: 9g Sodium: 437mg Vitamin A:
981 μ g Vitamin C: 33mg Calcium: 114mg Iron: 4mg Folate: 94 μ g

