

Very Veggie Chili with Quinoa

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		2 - #10 cans OR 1 $\frac{2}{3}$ gallons		4 - #10 cans OR 3 $\frac{1}{3}$ gallons
Tomato paste		1 $\frac{1}{2}$ quarts		3 quarts
Kidney beans, canned, drained, rinsed		1 $\frac{1}{2}$ gallons + 1 cup OR 1 $\frac{1}{2}$ - #10 cans		3 gallons + 1 pint OR 3 - #10 cans
Black beans, canned, drained, rinsed		1 $\frac{1}{2}$ gallons + 1 cup OR 2 - #10 cans		3 gallons + 1 pint 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
Green peppers, fresh, diced	10 oz.		1 lb. 4 oz.	
Carrots, shredded	1 lb.		2 lb.	
Vegetable broth, low sodium (for sweating the vegetables)		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Corn, tempered	8 oz.		1 lb.	
Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Chili powder		$\frac{2}{3}$ cup		1 $\frac{1}{3}$ cups
Garlic, granulated		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Cumin		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Quinoa	3 lbs. 2 oz. (dry)	OR 1 $\frac{1}{2}$ gallons + 1 cup, prepared	6 lbs. 4 oz. (dry)	3 gallons + 1 pint, prepared
Water		1 quart		2 quarts
Vegetable broth, low sodium (add after 30 minutes of simmering)		2 cups – 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. Prepare quinoa as directed on box/bag.
2. Sweat onions and peppers with vegetable broth on stove top or tilt skillet for five minutes, until onions are translucent.
3. Add remaining ingredients to the onion and pepper mixture. Let simmer for 30 minutes.
4. After 30 minutes, stir chili and add vegetable broth one cup at a time, until desired consistency is reached. Simmer for another 30 minutes to an hour.

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.



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Continued

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Serving Information

Serve 1 ½ cups chili with one ounce corn tortilla chips, roll or cornbread.

Each chili serving provides 2 meat/meat alternates, and ½ cup red/orange vegetable, 1 ounce grain equivalent.

OR

Serve ¾ cup chili with one ounce corn tortilla chips, roll or cornbread.

Each chili serving provides 1 meat/meat alternates, and ¼ cup vegetable component and ½ ounce grain equivalent.

Nutrition Information per 1 ½ cup serving *From USDA Nutrient Database

Calories: 418 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 79g Fiber: 22g Total Sugar: 10g Protein: 22g Sodium: 780*mg Vitamin A:

156µg Vitamin C: 32mg Calcium: 166mg Iron: 9mg Folate: 254µg

*Sodium content will vary depending on products used. To decrease sodium further, replace vegetable broth with water and use reduced sodium tomato products.

