

# Enchilada Chili Bowl

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

Process #2 – Same Day Service

**YIELD**

**50 Servings**

**OR**

**100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Red onion, diced	2 pounds		4 pounds	
Garlic, granulated		¼ cup		½ cup
Kidney beans, canned, drained, rinsed		2 - #10 cans		4 - # 10 can
Black beans, canned, drained, rinsed		2 - #10 can		4 - # 10 can
Refried beans, canned, prepared OR Refried beans, dehydrated, prepared	2 pounds 8 ounces	1 - # 10 can OR	5 pounds OR	2 - # 10 can
Diced tomatoes, canned		2 ½ - # 10 cans		5 - # 10 cans
Vegetable broth, low sodium		1 ½ - 2 quarts		3 - 4 quarts
Mild red enchilada sauce		1 ½ quarts		3 quarts
Oregano, dried, ground		¼ cup		½ cup
Chili powder, ground		¼ cup		½ cup
Black pepper		¼ cup		½ cup
<b>Remaining bowl ingredients:</b>				
Brown rice, prepared, instant	3 pounds 8 ounces, dry weight		7 pounds, dry weight	
Corn tortilla chips, individual bag, 1-ounce grain OR Corn tortilla chips, bulk	3 pounds 2 ounces	50 Each OR	6 pounds 4 ounces	100 Each OR
<b>Optional garnishes:</b>				
Olives, diced, canned		1-#10 can		2-#10 cans
Green onions, diced	3 pounds 12 ounces		7 pounds 8 ounces	

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



# Enchilada Chili Bowl Continued

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## Preparation

1. Combine the chili ingredients in a tilt skillet or steam jacketed kettle. Cook for an hour or until the chili is thick. \*Chili can be prepared the day before, cooled, and reheated day-of service.

2. Prepare rice according to package. Fluff. Place in warmer until service.

\*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

## Serving Information

1. 1 In a bowl, portion ½ cup cooked brown rice.

2. Portion 1 ¾ cups of chili over the rice.

3. If desired, top chili with 2 tablespoons sliced olives and 2 tablespoons diced green onions.

4. Serve with corn tortilla chips.

Each bowl provides 2 meat alternates, 2-ounce grain equivalents, ½ cup red/orange vegetable and ¼ cup other vegetable (if olives and green onions are served).

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 463 Total Fat: 9.7g Saturated Fat: 1g Monounsaturated Fat: 3.5g Polyunsaturated Fat: 2.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 78g Fiber: 16g Total Sugars: 7g Protein: 16g Sodium: 564mg Vitamin A: 25µg Vitamin C: 4.5mg Calcium: 117mg Iron: 4mg Folate: 69µg

