

# VEG-OUT CHILI BOWL

## Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ C		½ C	<ol style="list-style-type: none"> <li>Heat oil in a steam-jacketed kettle.</li> <li>Add the onions and sauté 3 minutes, until translucent.</li> <li>Add the green peppers and sauté 2 minutes, until tender.</li> <li>Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.</li> <li>Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.</li> <li>Pour into medium half-steam-table pans (10X12X4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</li> <li>CCP: Hold for hot service at 135 F or higher. CCP: Heat to 140 F or higher for at least 15 seconds.</li> </ol> Portion with 6-ounce ladle (¾ cup).
Fresh onions, chopped OR dehydrated onions	1 lb, 4 oz OR 3¾ oz	3½ C OR 1½ C, 2 T	2 lb 8 oz OR 7½ oz	1 qt, 2⅔ C OR 3¾ C	
Fresh OR frozen green peppers, chopped	10 oz OR 1 lb, 1 oz	1¾ C, 2 T OR 3 C	1 lb, 4 oz OR 2 lb, 2 oz	3¾ C OR 1 qt, 2 C	
Chili powder	3 oz	¾ C	6 oz	1½ C	
Ground cumin	1 oz	¼ C	2 oz	½ C	
Granulated garlic		1 T, 1 tsp		2 T, 2 tsp	
Onion powder		2 tsp		1 T, 1 tsp	
Brown sugar, packed	4 oz	½ C	8 oz	1 C	
Canned crushed tomatoes, with juice	6 lb, 6 oz	3 qt (1 #10 can)	12 lb, 12 oz	1 gal, 2 qt (2 #10 cans)	
Canned diced tomatoes, with juice	1 lb, 2½ oz	2 C, 2 T (1 #2½ can)	2 lb, 5 oz	1 qt, ¼ C (2 #2 ½ cans)	
Canned kidney beans, drained	5 lb, 9 oz	3 qt, 1½ C (1¼ #10 cans)	11 lb, 2 oz	1 gal, 2¾ qt (2½ #10 cans)	
No. 3 bulgur	1 lb	3 C	2 lb	1 qt, 2 C	
Water		½ C		1 C	

Serving	Yield	Volume
One 6-ounce ladle	50 Servings:	about 2 gal 1½ qt
Each serving provides 2 ounces meat equivalent, ⅜ cup vegetable, and ¼ serving grains/breads.	100 Servings:	about 4 gal, 2¾ qt

Nutrients Per Serving					
Calories	133 kcal	Saturated Fat	0.3 g	Iron	3 mg
Protein	6 g	Cholesterol	0 mg	Calcium	56 mg
Carbohydrate	25 g	Vitamin A	645 IU	Sodium	233 mg
Total Fat	2 g	Vitamin C	13 mg	Dietary Fiber	6 g

### Notes

Equipment list: stockpot. Serve with garlic bread or over a bed of brown rice.

