

WISCONSIN CHILI LUNCH

File No:

Number of Portions: 25
 Portion Size: 1 cup
 Serving Utensil: 8 oz spoodle, 8 oz ladle, or #4 scoop
 Servings per Pan:

HACCP Process:
 #1 No Cook
 #2 Cook & Serve Same Day
 #3 Includes Cooling Step

Ingredients:	Measure:	Procedure:
Olive oil Onions, raw, diced Carrots, raw, diced Granulated garlic Green bell pepper, raw, diced Red bell pepper, raw, diced Celery, raw, diced Chili powder Mushrooms, raw, diced Corn kernels, frozen Tomatoes, diced, no salt added, canned, undrained Beans, kidney, low-sodium, canned, undrained Beans, black, low-sodium, canned, undrained Cumin, ground Oregano leaves, dried Basil, dried Salt	2 Tbsp + 1 tsp 2 cups + 1/4 cup 1 cup + 3/4 cup 2 tsp + 1/4 tsp 2 cups + 1/4 cup 2 cups + 1/4 cup 1 cup + 3/4 cups 2 Tbsp + 1 tsp 3 cups + 1/2 cup 4 cups 4.5 (14.5 ounce) cans 2.25 (15.5 ounce) cans 2.25 (15.5 ounce) cans 2 Tbsp + 1 tsp 1 Tbsp 1 Tbsp 1 Tbsp	<ol style="list-style-type: none"> 1. Heat oil in large stock pot or steam kettle over medium heat. 2. Add onions, carrots, and garlic and sauté until tender. 3. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. 4. Stir in mushrooms and frozen corn and cook for 4 minutes. 5. Stir in undrained tomatoes, undrained kidney beans, undrained black beans, cumin, oregano, basil, and salt. 6. Bring to a boil, then reduce to medium heat. Cover and simmer for 20 minutes, stirring occasionally. 7. Serve 1 cup of chili with additional toppings, such as shredded cheese, sour cream, green onions, etc., if desired.

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Measure (volume):	

Nutrient Analysis Based on Portion Size
Calories:
Saturated Fat (g):
Sodium (g):