

WISCONSIN CHILI LUNCH*

File No:

Age/Grade Group: Ages 1-2, Ages 3-5**

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:	Weight:	Measure:	Procedure:
Olive oil		2 Tbsp + 1 tsp	<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 (1.00 oz eq meat/meat alternate) topped with 0.50 oz or 2 Tbsp of shredded cheese (0.50 oz eq meat/meat alternate).
Onions, raw, diced		2 cups + 1/4 cup	
Carrots, raw, diced		1 cup + 3/4 cup	
Granulated garlic		2 tsp + 1/4 tsp	
Green bell pepper, raw, diced		2 cups + 1/4 cup	
Red bell pepper, raw, diced		2 cups + 1/4 cup	
Celery, raw, diced		1 cup + 3/4 cups	
Chili powder		2 Tbsp + 1 tsp	
Mushrooms, raw, diced		3 cups + 1/2 cup	
Corn kernels, frozen		4 cups	
Tomatoes, diced, no salt added, canned, undrained		4.5 (14.5 ounce) cans	
Beans, kidney, low-sodium, canned, undrained		2.25 (15.5 ounce) cans	
Beans, black, low-sodium, canned, undrained		2.25 (15.5 ounce) cans	
Cumin, ground		2 Tbsp + 1 tsp	
Oregano leaves, dried		1 Tbsp	
Basil, dried		1 Tbsp	
Salt		1 Tbsp	
Cheese, shredded (optional for ages 1-2)	12.5 ounces		

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

Meal Component Contribution Based on Portion Size		Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	1.50 ounce equivalent (beans + cheese)	Calories:
Vegetable	3/4 cup	Saturated Fat (g):
Fruits	Not applicable.	Sodium (g):
Grains	Not applicable.	

DG= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

* Please note, this recipe should be standardized to your food service operation. If any changes are made to this recipe, recipe crediting may no longer be accurate. Any highlighted fields must be completed by your food service operation.

**If serving this recipe to ages 3-5, ensure that the 0.50 oz of cheese (0.50 oz eq meat/meat alternate) is served.