

Amaizing Chili Cheese Less Burger

Makes: 50 servings

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Ingredients	Weight	Measure
Vegetarian or Low Fat Turkey Patty		50 each
Whole grain or whole wheat bun		50 each
Low sodium canned plum tomatoes, drained (reserve juice) and chopped	15 lbs	
Low sodium tomato juice or water	8 lbs	
Stone ground corn meal	8.5 ounces	
Yellow onion, peeled and chopped	50 ounces	
Green pepper, cored, and diced	50 ounces	
Frozen corn kernels, thawed	58 ounces	
Chopped garlic		25 Tbsp
Ground cumin, coriander		8 1/2 tsp each
Allspice, cinnamon, black pepper		4 tsp each



Low sodium black beans, canned, drained and rinsed	33 cups
Shredded nonfat cheddar cheese	12 1/2 cups
Pan spray	As needed

Directions

1. Heat large saucepot or stew pot over medium heat.
2. Add oil, onions, peppers, garlic, corn, herbs and spices and sauté 1 minute.
3. Cover pot and sweat for one minute.
4. Place tomato juice in large bowl and whisk in corn meal.
5. Add tomatoes to pot and stir in juice and corn meal mixture.
6. Add beans and stir gently.
7. Bring mixture to a simmer, turn heat down to low and cook for 15 - 20 minutes, stirring frequently.
8. When chili is almost done, heat broiler in oven. Broil burgers until done.
9. Place bottom half of toasted bun on a cookie sheet, place burger on top of bun.
10. Top with toasted bun, let cool slightly and serve.