

Veggie Chili

Makes: 40 or 100 servings

Ingredients	40 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Onions, chopped	13 oz		2 lb	
Celery, chopped fine	7 3/4 oz		1 lb 3 oz	
Carrots, chopped coarse	10 1/2 oz		1 lb 10 oz	
Green pepper, diced	1 lb 10 oz		4 lb 1 oz	
Tomatoes, diced, canned	5 lb 6 oz		13 lb 8 oz (2 #10 cans)	
Tomato puree	1 lb 10 oz		4 lb 1 oz	
Garlic powder	1/2 oz		1 1/4 oz	
Water		1 qt + 1 1/4 cups		3 qt + 1 cup
Soup base, vegetarian dark	1/2 oz		1 1/4 oz	
Cumin, ground		1 tsp		2 1/2 tsp
Chili powder	1/2 oz		1 1/4 oz	
Cinnamon, ground	1/2 oz		1 1/4 oz	
Kidney beans, canned	6 lb 12 oz (1 #10 can)		16 lb 14 oz (2.5 #10 cans)	
Quick oatmeal (optional)	4 oz		10 oz	
Cheddar cheese, shredded	10 oz		1 lb 9 oz	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	135	
Total Fat	3 g	
Protein	7.4 g	
Carbohydrates	21 g	
Dietary Fiber	6.3 g	
Saturated Fat	NA	
Sodium	570 mg	

Directions

1. In steam kettle, mix onions, celery, carrots, green pepper, diced tomatoes, tomato puree, garlic powder, water, soup base, cumin, chili powder, and cinnamon. Simmer for 20 minutes, stirring occasionally.
2. To the tomato mixture, add undrained kidney beans. Add oatmeal if needed to thicken the chili. Stir and heat until temperature is at least 170° F.

3. Keep warm until ready to serve. Serve with 8 oz. ladle. Serve with 1/4 oz. (1/2 Tablespoon) cheese on each serving.