

# Cooking for Kids

## Recipe Sizing Report

000337 - Vegetarian Chili CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 3/4 CUP	Meat/Alt: Grains: 1.75 oz Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050385 OIL, VEGETABLE..... 011282 ONIONS,RAW..... 011215 GARLIC,RAW.....	4 1/8 Tbsp 2 1/8 CUP (chopped) 2 Tbsp + 3/4 tsp (minced)	1. Heat oil in a large pot over medium heat. Sauté onions and garlic until translucent.
002014 CUMIN SEED..... 002009 CHILI POWDER..... 002030 PEPPER,BLACK..... 051500 Tomato Paste, No Salt Added, Canned.....	1/2 Tbsp 1/2 Tbsp 1/2 TBSP (ground) 7 1/8 Tbsp	2. Add cumin, chili powder, and pepper and sauté. Add tomato paste and cook until slightly browned, ensuring not to burn.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799958 BEANS, CANNED, KIDNEY, LOW-SODIUM..... 799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM..... 011124 CARROTS,RAW..... 051504 Tomatoes, Diced, No Salt Added, Canned..... 799947 PEPPERS,CHILI,GRN,CND..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	2 1/2 cups 1/2 #10 can, drained 1/2 #10 can drained 2 CUPS (grated) 12 2/3 cups 3 1/8 cups 2 3/4 cups	3. Add water and cook until bottom of skillet is deglazed. Add all remaining ingredients except oregano and salt.
901071 OREGANO LEAVES,DRIED..... 799986 SALT, KOSHER..... 051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh.....	1/2 TBSP 1/2 Tbsp 6 cups	4. Reduce heat and simmer for an hour. Add oregano and salt and simmer to incorporate flavors. Remove from heat and serve hot. Add 2 tbsp of shredded cheese to each portion of chili.

\*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	196 kcal	Cholesterol	19 mg	Sugars	*4.6* g	Calcium	*54.42* mg	39.00%	Calories from Total Fat
Total Fat	8.50 g	Sodium	438 mg	Protein	11.23 g	Iron	*2.01* mg	19.53%	Calories from Saturated Fat
Saturated Fat	4.26 g	Carbohydrates	21.21 g	Vitamin A	*2159.4* IU	Water <sup>1</sup>	*59.93* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	5.16 g	Vitamin C	*21.7* mg	Ash <sup>1</sup>	*0.43* g	43.24%	Calories from Carbohydrates
								22.90%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**