

Vegetarian Chili - NSLP

General Information

Recipe #	Category	Source
2031705	Lunch Entree	Local

Ingredients

Name	Quantity	+ Quantity 2
Vegetable oil, palm kernel	¼ c.	
Onions, raw	1 qt. chopped	
Garlic, raw	½ c., 2 tsp.	
Spices, cumin seed	2 tbsp. ground	
Spices, chili powder	2 tbsp.	
Spices, pepper, black	1 tbsp. ground	
Redpack Tomato Paste, 111oz Can - CS of 6	¾ c., 2 tbsp.	
Beverages, water, tap, municipal	1 qt.	
Bush's Light Red Kidney Beans 16 oz	6 lbs.	
Beans, pinto, canned, drained solids	6 lbs.	
Carrots, raw	2 qt. grated	
Tomatoes, red, ripe, canned, packed in tomato juice	8 lbs., 12 oz.	
Peppers, chili, green, canned	1 qt., 1 pt.	
Corn, sweet, yellow, canned, whole kernel, drained solids	1 qt.	
Spices, oregano, dried	1 tbsp. leaves	
Cheese, cheddar, nonfat or fat free	3 lbs., 2 oz.	



Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. Heat oil in a large pot over medium heat. Sauté onions and garlic until translucent.
2. Add cumin, chili powder, and pepper, and sauté. Add tomato paste and cook until slightly browned, ensuring not to burn.
3. Add water and cook until the bottom of the skillet is deglazed. Add all remaining ingredients except oregano.
4. Reduce heat and simmer for an hour. Add oregano and simmer to incorporate flavors. Remove from the heat and serve hot. Add 1 oz shredded cheese to each portion of chili.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as

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Serving Size	Yield
1 Cup	50.00

Nutrition Facts

Serving Size 1 Cup (303 gm)

Amount Per Serving	% Daily Value*
Calories 211.204	
Total Fat 2.282 gm	3.511%
Saturated Fat 1.086 gm	5.428%
Trans Fat 0.000* gm	
Cholesterol 5.103 mg	1.701%
Sodium 735.683 mg	30.653%
Total Carbohydrate 32.185 gm	10.728%
Dietary Fiber 8.067 gm	32.27%
Total Sugars 6.035* gm	
Includes 0.865 gm of Added Sugars	
Protein 17.677 gm	35.354%
Vitamin A 186.217* mcg RAE	20.691%
Vitamin C 18.330* mg	30.55%
Vitamin D 0.028 mcg	0.142%
Calcium 371.816 mg	37.182%
Iron 2.760 mg	15.331%
Potassium 674.326 mg	14.347%
Saturated Fat % of Calories	4.626%
Added Sugar % of Calories	1.639%

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Red/Orange	0.375 cups
Beans, Peas, and Lentils	0.5 cups
Starchy	0.125 cups

Added Sugar Limitations

Not applicable.

Dates

Last Updated

12-10-2025

Created

12-10-2025

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