

Winter recipe: lunch/supper

Food components used: vegetable, meat/meat alternate

Specialty crop: legumes, tomatoes, onions

<b>Beans and Veggie Chili</b>				
<b>Ingredients</b>	<b>8 servings</b>		<b>25 servings</b>	
	<b>Measure</b>	<b>Weight</b>	<b>Measure</b>	<b>Weight</b>
Olive oil	2 tsp		2 Tbsp	
Onions, raw, diced	¾ cups	⅓ lbs	2 ¼ cups	1 lbs
Carrots, raw, diced	¾ cups	¼ lbs	2 cups	⅔ lbs
Garlic powder	1 tsp		2 tsp	
Red bell pepper, raw, diced	1 ½ cups	½ lbs	4 ¾ cups	1lb 10 oz
Chili powder*	2 tsp		2 Tbsp	
Potatoes, raw, diced	2 cups	1 lb	6 cups	2 lbs 8 oz
Corn kernels, frozen	1 ¼ cups		4 cups	
Tomatoes, diced, no salt added, canned, undrained	2 (14.5 oz) cans		5 (14.5 oz) cans	
Beans, black, low-sodium, canned, undrained	2 (15.5 oz) cans		5 (15.5 oz) cans	
Cumin, ground	2 tsp		2 Tbsp	
Oregano leaves, dried	1 tsp		1 Tbsp	
Basil, dried	1 tsp		1 Tbsp	
Salt	1 tsp		1 Tbsp	
Cheese, shredded (optional for ages 1-2)*	½ cup	4 oz	1 ½ cups + 1 Tbsp	12.5 oz

Directions:

1. Heat oil in large stock pot or steam kettle over medium heat.
2. Add onions, carrots, and garlic powder. Sauté until tender.
3. Stir in red pepper, potatoes, and chili powder. Cook until vegetables are tender.
4. Stir in frozen corn and cook for 10 minutes..
5. Stir in undrained tomatoes, 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.

Serving Sizes for **Lunch/Supper**

<b>Age Group</b>	<b>Serving Size</b>
Ages 1-2	1 cup Chili + 2 Tbsp. Cheese
Ages 3-5	1 cup Chili + 2 Tbsp. Cheese

**Meal Component Contribution Based on Portion Size**

Vegetable: 1 cup

Tips:

- 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.
- McCormick brand chili powder is not spicy

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NOTE: The number of servings is based on 1 cup chili + 2 Tbsp cheese portions for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1 cup of vegetables and 1.5 oz equivalent meat/meat alternate (beans + chili) per serving.