



Title: Vegetarian Bean Chili-topped Potato

Recipe Code No:

Category: Entree

Cooking Process: #2 Same Day Service

70 Servings			Directions
Ingredients	Weight	Measure	
Potatoes, fresh, russet, 120 ct		70 each	<ol style="list-style-type: none"> 1. Preheat convection oven to 350°F. 2. Using a vegetable brush, rinse and scrub potatoes under running water. Place potatoes on sheet pan, pierce skin with paring knife, spray with pan release, and bake 45-50 minutes or until easily pierced by a fork. Cut a slit in the top of each baked potato; do not squeeze open until ready to serve. CCP: Heat to a minimum internal temperature at or above 135° F. 3. Weigh AP onions, bell peppers, and carrots (see marketing guide on page 2). Rinse the onion, bell pepper, and carrot under running water and dice into ½ inch pieces. 4. Drain and rinse beans in a colander or perforated pan and set aside. 5. Heat a large sauté pan, stockpot, or kettle over medium heat. Add oil. Once the oil is shimmering, add diced onion, bell pepper, and carrot. Sauté about 10 minutes or until the onions become translucent. Add garlic and sauté for 1 minute, being careful not to burn.
Onion, fresh, diced, EP	2 lb 10 oz		
Bell Pepper, fresh, green, diced, EP	1 lb 4 oz		
Carrot, fresh, diced, EP	1 lb 2 oz		
Chili Powder		1/4 cup	
Garlic, granulated		2 Tbsp + 1 tsp	
Cumin		3 Tbsp	
Dried Oregano		2 Tbsp	
Paprika		2 Tbsp	

70 Servings			Directions
Ingredients	Weight	Measure	
Salt		1 Tbsp + 1 tsp	6. Add chili powder, cumin, oregano, paprika, and salt and sauté for 30 seconds, frequently stirring, being careful not to burn. 7. Add diced tomatoes, drained beans, corn, and water. Stir to combine. Reduce heat to low, then simmer 30-40 minutes until vegetables are tender. CCP: Heat to a minimum internal temperature at or above 135° F. 8. For holding, place 1 ½ gallons of chili in each full size 2-inch steamtable pan. 9. To serve, using a # 6 scoop, place ¾ cup chili onto split and opened potato. Top with ½ oz of cheese using a 1 oz spoodle. CCP: Hold for hot service at 135°F or higher.
Tomatoes, diced, canned, undrained		2 (#10) can	
Beans, black, canned, drained and rinsed		1 (#10) can	
Beans, garbanzo, canned, drained and rinsed		1 (#10) can	
Beans, pinto, canned, drained and rinsed		1 (#10) can	
Corn, whole kernel, frozen	14 oz	2 ½ cups	
Water		1 ½ quarts	
Cheese, cheddar, shredded	2 lb 3 oz		

Title: Vegetarian Bean Chili topped Potato

Meal Components: One potato and ¾ cup chili topped with cheese provides 2 oz eq MMA and 1 cup total Vegetable (½ cup starchy, 3/8 c red/orange, 1/8 cup other)

Notes:
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving
1 potato plus ¾ cup (~6 to 6.5 oz) chili topped with ½ oz cheese provides 2 eq oz m/ma and 1 cup total vegetable (½ cup starchy, 3/8 cup r/o, 1/8 cup additional)

Marketing Guide Food as Purchased for	70 Servings
Potatoes, fresh <i>White or Russet, 120 count, whole, 70 each</i>	29 lb 3 oz
Onion, fresh, whole	3 lb
Peppers, Bell, fresh, whole	1 lb 9 oz
Carrot, fresh, whole, without tops	1 lb 6 oz

Nutrients Per Serving					
Calories	400	kcal	Sat Fat	6	g
Protein	17	g	Chol	15	mg
Carb	71	g	Sodium	450	mg
Total Fat	6	g	Dietary Fiber	13	g