

| WISCONSIN CHILI LUNCH* | | | File No: |
|--|--|---|--|
| Age/Grade Group: Ages 1-2, Ages 3-5** | | HACCP Process: | |
| Number of Portions: 25 | | <input type="checkbox"/> #1 No Cook | |
| Portion Size: 1 cup | | <input type="checkbox"/> #2 Cook & Serve Same Day | |
| Serving Utensil: 8 oz spoodle, 8 oz ladle, or #4 scoop | | <input type="checkbox"/> #3 Includes Cooling Step | |
| Servings per Pan: | | | |
| Ingredients: | Weight: | Measure: | Procedure: |
| Olive oil Onions, raw, diced Carrots, raw, diced Granulated garlic Green bell pepper, raw, diced Red bell pepper, raw, diced Celery, raw, diced Chili powder Mushrooms, raw, diced Corn kernels, frozen Tomatoes, diced, no salt added, canned, undrained Beans, kidney, low-sodium, canned, undrained Beans, black, low-sodium, canned, undrained Cumin, ground Oregano leaves, dried Basil, dried Salt Cheese, shredded (optional for ages 1-2) | 12.5 ounces | 2 Tbsp + 1 tsp 2 cups + 1/4 cup 1 cup + 3/4 cup 2 tsp + 1/4 tsp 2 cups + 1/4 cup 2 cups + 1/4 cup 1 cup + 3/4 cups 2 Tbsp + 1 tsp 3 cups + 1/2 cup 4 cups 4.5 (14.5 ounce) cans 2.25 (15.5 ounce) cans 2.25 (15.5 ounce) cans 2 Tbsp + 1 tsp 1 Tbsp 1 Tbsp 1 Tbsp | <ol style="list-style-type: none"> Heat oil in large stock pot or steam kettle over medium heat. Add onions, carrots, and garlic and sauté until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushrooms and frozen corn and cook for 4 minutes. Stir in undrained tomatoes, undrained kidney beans, undrained black beans, cumin, oregano, basil, and salt. Bring to a boil, then reduce to medium heat. Cover and simmer for 20 minutes, stirring occasionally. Serve 1 cup of chili (1.00 oz eq meat/meat alternate) topped with 0.50 oz or 2 Tbsp of shredded cheese (0.50 oz eq meat/meat alternate). |
| Total Yield | | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight: | Measure (volume): | Pan Size: | |
| Meal Component Contribution Based on Portion Size | | | Nutrient Analysis Based on Portion Size |
| Meat/Meat Alternate | 1.50 ounce equivalent (beans + cheese) | | Calories: |
| Vegetable | 3/4 cup | | Saturated Fat (g): |
| Fruits | Not applicable. | | Sodium (g): |
| Grains | Not applicable. | | |

DG= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

* Please note, this recipe should be standardized to your food service operation. If any changes are made to this recipe, recipe crediting may no longer be accurate. Any highlighted fields must be completed by your food service operation.

**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.