

# Quest Food Management

<b>001208 - chili - vegetarian spicy : ebh</b>	<b>Components</b>	<b>Attributes</b>
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/4 cup	Meat/Alt: 0.25 oz Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions															
011282 ONIONS,RAW.....	4 2/3 OZS (chopped)	1. Heat large stock pot with 1 tablespoon of oil.  2. Add onions, granulated garlic, green pepper , pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.  3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.															
799903 GARLIC, GRANULATED.....	1/2 Tbsp																
002030 PEPPER, BLACK.....	5/8 tsp																
002009 CHILI POWDER.....	1 cup																
002028 PAPRIKA.....	1 tsp																
002026 ONION POWDER.....	1 tsp																
799902 CUMIN, GROUND.....	1/3 oz																
011531 TOMATOES, RED, RIPE, CND, WHL, REG PK...	1/3 #10 Can																
014429 WATER, MUNICIPAL.....	3 cups																
902672 TOMATO PASTE, CND, HTD.....	1/8 # 10 Can																
902798 bean chili hot brooks gfs 785024.....	1/3 #10 can	4. Stir in beans. Cover and simmer. Stir occasionally.  <b>CCP: Heat to 155° F or higher for 15 seconds</b>  OR  If using previously cooked and chilled beans: <b>CCP: Heat to 165° F or higher for at least 15seconds</b>  5. Pour into serving pans.  6. <b>CCP: Hold for hot service at 135° F or higher.</b>  Portion with 4 oz ladle (1/2 cup).  7. Garnish with cheese (optional).															
902972 bean great northern gfs 119075.....	1/3 #10 can																
902969 oil canola olive oil blend greco 37017.....	1 tsp																
011333 PEPPERS, SWEET, GREEN, RAW.....	1 1/3 CUPS (chopped)																
		<b>Food as Purchased</b>															
		<table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;"><b>50 Servings</b></td> <td style="text-align: center;"><b>100 Servings</b></td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> <tr> <td>Green peppers</td> <td style="text-align: center;">11 oz</td> <td style="text-align: center;">1 lb 6 oz</td> </tr> <tr> <td>Dry pinto beans, dry</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> <tr> <td>Dry kidney beans</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> </table>		<b>50 Servings</b>	<b>100 Servings</b>	Mature onions	1 lb	2 lb	Green peppers	11 oz	1 lb 6 oz	Dry pinto beans, dry	1 lb	2 lb	Dry kidney beans	1 lb	2 lb
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**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.

# Quest Food Management

## Recipe Sizing Report

		<p><b>Special Tip</b></p> <p><b>SOAKING BEANS</b>  <i>Overnight method:</i> Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.  <i>Quick-soak method:</i> Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.</p> <p><b>COOKING BEANS</b>                  Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.</p> <p><b>CCP: Hold for hot service at 135°F.</b></p> <p>Or, chill for later use.</p> <p><b>CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</b>                  1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.                  1 lb dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.</p>
		<p><b>Variation</b></p> <p><b>Chili con Carne without Beans</b>  <b>50 servings:</b> In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.  <b>100 servings:</b> In step 1, use 17 lb 4 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.</p>
		<p><b>Serving</b></p> <p>1/2 cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and 1/2 cup of vegetable.</p>

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

Calories	38 kcal	Cholesterol	0 mg	Sugars	*0.9* g	Calcium	26.39 mg	16.98%	Calories from Total Fat
Total Fat	0.73 g	Sodium	188 mg	Protein	1.78 g	Iron	1.14 mg	1.98%	Calories from Saturated Fat
Saturated Fat	0.08 g	Carbohydrates	6.85 g	Vitamin A	961.0 IU	Water <sup>1</sup>	42.63 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.30 g	Vitamin C	8.4 mg	Ash <sup>1</sup>	0.54 g	71.27%	Calories from Carbohydrates
								18.49%	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.