

Vegetarian Chili

Ingredients	16 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chili powder		1 tbsp		1/4 cup 2 tbsp	1. Combine the chili powder, cumin, onion powder, paprika, and black pepper. Set aside. (See Recipe Notes)
Cumin, ground		2 tsp		1/4 cup	
Onion powder		1 tsp		2 tbsp	
Paprika, mild		1 tsp		2 tbsp	
Black pepper, ground		1/2 tsp		1 tbsp	
Oil, olive or canola	1 oz	2 tbsp	6 oz	3/4 cup	2. Heat the oil in a large pot over medium-high heat. Add the garlic and onion and cook until the onions are light golden brown, about 8 minutes.
Garlic, minced	3/4 oz	2 tbsp	4 1/2 oz	3/4 cup	
Onions, yellow, chopped	6 oz	1 cup 3 tbsp	2 lb 6 oz	1 qt 2 3/4 cups	3. Add the green and red peppers and stir well. Continue to cook, stirring frequently, until the peppers are tender, about 8 minutes.
Green bell pepper, fresh or frozen and thawed, chopped	6 oz	1 cup 2 tbsp	2 lb 6 oz	1 qt 2 1/2 cups	
Red bell pepper, fresh or frozen and thawed, chopped	6 oz	1 cup 2 tbsp	2 lb 6 oz	1 qt 2 1/2 cups	
Tomato paste	6 1/2 oz	2/3 cup	2 lb 8 oz	4 cups 2 tbsp	4. Add the tomato paste and the combined spices from step 1. Stir to combine well and cook for a few minutes.



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Zucchini, sliced	1 lb	3 1/4 cups	6 1/4 lb	19 1/2 cups	5. Add the zucchini, carrots, mushrooms, tomatoes and their juices, kidney beans, and chickpeas. Bring to a simmer over medium heat. Cover and cook until all of the ingredients are very tender and flavorful, about 40 minutes. Add the water as necessary if the chili becomes dry as it cooks.
Carrots, peeled, shredded	12 oz	3 3/4 cups	4 lb 12 oz	23 1/2 cups	
White mushrooms, chopped or sliced	8 oz	2 1/3 cups	3 lb 2 oz	14 2/3 cups	
Tomatoes, canned, diced	2 lb 8 oz	4 1/2 cups	15 lb 10 oz	39 1/2 cups	
Kidney beans, canned, rinsed and drained before measuring	1 lb 14 oz	5 cups	11 lb 12 oz	31 1/3 cups	
Chickpeas , canned, rinsed and drained before measuring	1 lb 6 oz	2 1/2 cups	8 lb 9 oz	3 qt 3 1/3 cups	
Water	2 lb	4 cups	12 lb 8 oz	25 cups	

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Recipe Notes:

The spice blend (step 1) can be doubled, tripled, or more, and then stored in a covered container at room temperature to use as needed. It will keep for up to 4 weeks or more.

Serving Notes:

One 1-cup serving provides 2 oz equivalent meat/meat alternate, 3/4 cup vegetable
Serve using a 8-oz ladle.

	16 Servings	100 servings
Total Weight:		
Total Volume	16 cups	
Serving Size (weight):	8 oz	
Serving Size (volume):	1 cup	

Nutrients Per Serving					
Calories	132	Saturated Fat	g	Iron	1.5 mg
Protein	6g	Cholesterol	mg	Calcium	53 mg
Carbohydrate	24 g	Vitamin A-RE	493 mcg	Sodium	133 mg
Total Fat	g	Vitamin C	45 mg	Dietary Fiber	6 g

