# Recipe Sizing Report

## 500200 - VEGETABLE CHILI : USDA D-49

**Attributes**
- HACCP Process: #2 Same Day Service
- Number of Portions: 50
- Size of Portion: 3/4 CUP

**Ingredients**
- **004318 OIL, VEG, TYPE B-COMMOD**
- **011282 ONIONS, RAW**
- **011333 PEPPERS, SWEET, GREEN, RAW**
- **002009 CHILI POWDER**
- **090016 CUMIN, GROUND**
- **090017 GARLIC, GRANULATED**
- **002026 ONION POWDER**
- **019334 SUGARS, BROWN**
- **011966 TOMATOES, CRUSHED, CND, HTD**
- **011531 TOMATOES, RED, RIPE, CND, WHL, REG PK**
- **016029 BEANS, KIDNEY, ALL TYPES, MATURE SEEDS, CND**
- **020012 BULGUR, DRY**
- **014429 WATER, MUNICIPAL**
- **00117 YOGURT, PLN, LOFAT, 12 GRAMS PROT PER 8 OZ.**
- **001168 CHEESE, LOFAT, CHEDDAR OR COLBY**

**Measures**
- 1/4 cup
- 1 lb + 4 OZS (chopped)
- 10 OZS (chopped)
- 3/4 cup
- 1 oz
- 1 Tbsp + 1 tsp
- 2 tsp
- 4 ozs
- 1 #10 Can
- 1 #2 1/2 Can + 2 Tbsp
- 1 1/4 #10 Can, drained
- 3 cups
- 1/2 cup
- 2 lbs
- 3 lbs + 2 ozs

**Instructions**
1. Heat the oil in a steam-jacketed kettle.
2. Add the onions and sauté 3 minutes, until translucent.
3. Add the green peppers and sauté 2 minutes, until tender.
4. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.
6. Add yogurt and stir to blend. Pour into medium half steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

**CCP:** Heat to 140° F or higher for at least 15 seconds

7. **CCP:** Hold for hot service at 135° F or higher.

**Serving**
- ¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate
- ¾ cup of vegetable, and ¼ serving of grains/breads

**Special Tip**
This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Iron</td>
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<tr>
<td>Protein</td>
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<tr>
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<td>Calcium</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Trans Fat</td>
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* - Denotes Missing Nutrient Values