

# Smokin' Powerhouse Chili

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh onions, ¼" diced	3 lbs	2 qt 1 cups	6 lb	1 gallon 2 cups	Sauté onions and garlic for 2 minutes in a non-stick pan then transfer to a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Add half the vegetable stock and bring to a boil at medium high heat.
Fresh garlic, minced	4 oz	½ cup	8 oz	1 cup	
Low sodium vegetable stock	3 lb	1 qt 2 ¼ cups	6 lb	3 qt ½ cup	
Fresh carrots, raw, peeled, ½" diced,	3 lb 2 oz	2qt 2 cup	6lb 4 oz	1 gallon 1 qt	Add diced carrots, red bell peppers, chipotle peppers, and simmer for 10 minutes.
Fresh red bell pepper, ¼" diced	1 ½ lb	1 qt ½ cup	3 lb	2 qt 1 cup	
Dry Chipotle pepper, minced or pureed, optional		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Fresh sweet potatoes, raw, peeled, ½" diced	2 lb 4 oz	2 qt 1 cup	4lb 8 oz	1 gallon 2 cups	While the above mixture is cooking, lightly steam diced sweet potatoes just until soft, in a perforated steam pan (12"x20"x 2 ½"). For 50 servings use 2 pans. For 100 servings use 4 pans.  CCP: Hold sweet potatoes at 141°F degrees.
Canned tomatoes, diced, with juice	5 lb 13 oz (1 No. 10 can)	3 qt 2 cup	11 lb 10 oz (2 No.10 cans)	1 gal 3 qt	Add remaining vegetable stock to pan along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin and salt. Stir and simmer allowing mixture to thicken and the flavors to blend for about 15 minutes.
Canned tomato sauce, low sodium	3lb 13 oz (1 No. 3 can and 10 oz)	1 qt 3 ½ cups	7 lb 10 oz (1 No.10 can and 1 No. 2 1/2 can)	1 gallon	
Fresh cilantro, chopped	1 lb 4 oz	2 cup	2 ½ lb oz	4 cup	
Chili powder	2 oz	½ cup	4 oz	1 cup	
Ground cumin	1 ¾ oz	7 Tbsp	3 ½ oz	1 cup	
Salt		2 tsp		1 Tbsp 1tsp	
Canned black beans, rinsed, drained	6 lbs (1 No.10 can)	1 gallon	12 lbs (2 No.10 cans)	2 gallons	Add black beans, corn and sweet potatoes. Bring to simmer and allow flavors to blend. CCP: Bring up to 165°F for 15 seconds.  CCP: Hold for service at 145°F.
Frozen corn, thawed, drained	2 lb	1 qt	4 lb	2 qt	
Quinoa, dry	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	Prepare quinoa as follows. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine in pot, 1 part quinoa to 2 part water and bring to a boil. Turn down heat to low and simmer until water is completely absorbed, usually 25 minutes. The kernel will pop and the quinoa will be soft. When this occurs a white ring will pop out of the kernel. This is an indicator that the quinoa is completely cooked. Fluff with a fork and serve. Portion with 8 fl oz ladle (1 cup) over ¼ cup cooked quinoa.

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## Notes:

The Chili is served over ¼ cup of cooked Quinoa.

Prepare quinoa as follows. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine in pot, 1 part quinoa to 2 part water and bring to a boil. Turn down heat to low and simmer until water is completely absorbed, usually 25 minutes. The kernel will pop and the quinoa will be soft. When this occurs a white ring will pop out of the kernel. This is an indicator that the quinoa is completely cooked. Fluff with fork and serve.

CCP: For grains, holding temperature at 141°F degrees for service.

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings

## Serving:

1 cup (8 fl oz ladle) chili and ¼ cup (#8 scoop) quinoa provides 1 cup of vegetable (¾ cup of orange/red vegetable, and ¼ cup additional vegetable) and ½ serving of grains/breads (¼ cup grains)

## Yield:

**50 Servings:**  
Yield 50  
25 lb

**100 Servings**  
Yield 100  
57 lb

## Volume:

**50 Servings:**  
3 gallons

**100 Servings**  
6 gallons 3 quarts