Idaho Child Nutrition

Recipe: 000445 Whole Grain Veg Chili 1/2
Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: 3/4 CUP

004318 OIL,VEG,TYPE B-COMMOD..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW.....	1 TBSP 5 OZ, raw wgt 2 1/2 OZ, chopped	1. Heat the oil in a soup pot. 2. Add the onions and sauté 3 minutes, until translucent. 3. Add the green peppers and sauté 2 minutes, until tender.
002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 090017 GARLIC,GRANULATED..... 002026 ONION POWDER..... 019334 SUGARS,BROWN..... 011966 TOMATOES,CRUSHED,CND,HTD.....	3 TBSP 1 TBSP, whole 1 TSP 1/2 TSP 1 OZ 28 OZ	4. Add the chili powder, cumin, granulated garlic, onion powder, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
016029 BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND... 020012 BULGUR,DRY..... 014429 WATER,MUNICIPAL..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ.....	42 OZ 3/4 CUP 1/8 CUP 1/2 LB	5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered. 6. Add yogurt and stir to blend. Serve
001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1/2 LB	8. Garnish with Cheddar cheese on top of each portion when served.

Calories	218		Iron	2.80	mg	Protein	14.11	g	25.92% Calories from Prot
Cholesterol	5	mg	Calcium	175.92	mg	Carbohydrates	33.50	g	61.55% Calories from Carb
Sodium	651	mg	Vitamin A	1030.8	IU	Total Fat	4.11	g	16.99% Calories from T Fat
Dietary Fiber	8.53	g	Vitamin A	164.3	RE	Saturated Fat	1.43	g	5.89% Calories from S Fat
			Vitamin C	19.30	mg	Trans. Fat	N/A*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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.

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Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004318	OIL,VEG,TYPE B-COMMOD			
I	011282	ONIONS,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	090017	GARLIC,GRANULATED			
I	002026	ONION POWDER			
I	019334	SUGARS,BROWN			
I	011966	TOMATOES,CRUSHED,CND,HTD			
I	016029	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,			
I	020012	BULGUR,DRY			
I	014429	WATER,MUNICIPAL			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			

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