Dark Green and Orange Vegetables

A chili made of a blend of vegetables, black beans, and smokey spices all served with ancient Aztec whole-grain quinoa.

Smokin' Powerhouse Chili

WEST JUNIOR HIGH SCHOOL
Minnetonka, Minnesota

Our Story

Hopkins West Junior High School is located just across the Hopkins border in Minnetonka, Minnesota. It was one of the first middle schools in the State to receive the Blue Ribbon National Schools of Excellence award from the U.S. Department of Education. It was also named one of the "100 Highly Effective Middle Level Schools" by the National Association of Secondary School Principals.

The recipe challenge team developed dishes that were prepared by the school nutrition staff and then offered to students during their lunch hour. A "Meet the Chef" table was set up for students to submit their recipe evaluation forms and suggestions. In the end, the results showed that the Smokin' Powerhouse Chili was a success among students. It stands apart because of its warm, rich flavors.

As the recipe challenge team describes it, their vegetarian quinoa chili is "the bomb!" As a main dish, it has a smoky blend of spices coupled with some of Minnesota's best harvest. Smokin' Powerhouse Chili is the perfect dish to help you warm up from the inside out on a cold winter's day!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Barbara Mechura

CHEF
Jenny Breen, MS (Co-owner, Good Life Catering)

COMMUNITY MEMBERS
Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

STUDENTS
Ryan K., Liam P., Ty L., Miranda H., and Matt H.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Additional Vegetable-Grains **Main Dishes D-58r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	1 lb 8 oz	1 qt ¾ cup	3 lb	2 qt 1 ⅜ cups	1. Sauté onions and garlic for 2 minutes in a pan coated with pan release spray. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20⅞" x 17 ⅜" x 7") on top of stove. 2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.
Fresh garlic, minced	2 oz	¼ cup	4 oz	½ cup	
Low-sodium vegetable stock		3 ⅛ cups		1 qt 2 ¼ cups	
*Fresh carrots, diced ½"	1 lb 9 oz	1 qt 3 ⅓ cups	3 lb 2 oz	3 qt 2 ⅔ cups	3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
*Fresh red bell peppers, diced	¾ lb	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Dry ground chipotle pepper, (optional)		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes	2 lb 14 ½ oz	1 qt 3 cups (⅔ No. 10 can)	5 lb 13 oz	3 qt 2 cups (1 ⅓ No. 10 cans)	4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt to vegetable mixture. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.
Canned low-sodium tomato sauce	1 lb 11 ½ oz	3 ¾ cups (⅓ No. 10 can)	3 lb 7 oz	1 qt 3 ½ cups (⅔ No. 10 can)	
Fresh cilantro, chopped		1 cup	2 ½ oz	2 cups	
Chili powder		3 Tbsp 1 tsp	2 oz	½ cup	
Ground cumin		3 Tbsp 1 tsp		½ cup	
Salt		1 tsp		2 tsps	
*Fresh sweet potatoes, peeled, diced ½"	1 lb 2 oz	3 ¼ cups	2 lb 4 oz	1 qt 2 ½ cups	5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable–Red/Orange Vegetable–Other Vegetable–Additional Vegetable–Grains **Main Dishes D-58r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans drained, rinsed OR *Dry black beans, cooked (See Notes Section)	3 lb OR 3 lb	2 qt (1 ¼ No. 10 cans) OR 2 qt	6 lb OR 6 lb	1 gal (2 ½ No. 10 cans) OR 1 gal	6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Frozen corn, thawed, drained	1 lb	3 cups	2 lb	1 qt 2 cups	7. Critical Control Point: Hold for hot service at 135 °F or higher.
Quinoa, dry	1 lb	2 ½ cups	2 lb	1 qt 1 cup	8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		3 ½ cups		1 qt 3 cups	9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. 10. Critical Control Point: Hold for hot service at 135 °F or higher.
					11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (¼ cup) cooked quinoa. 12. If desired, serve chili with ¼ cup brown rice in place of quinoa.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable–Red/Orange Vegetable–Other Vegetable–Additional Vegetable–Grains

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ 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.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Carrots	2 lb 4 oz	4 lb 8 oz
Red bell peppers	1 lb	2 lb
Sweet potatoes	1 lb 8 oz	3 lb
Dry black beans	1 lb 12 oz	3 lb 8 oz

Nutrients Per Serving

Calories	183.60	Saturated Fat	0.18 g	Iron	2.98 mg
Protein	7.45 g	Cholesterol	0 mg	Calcium	62.80 mg
Carbohydrate	37.50 g	Vitamin A	9023.99 IU (434.86 RAE)	Sodium	255.97 mg
Total Fat	1.66 g	Vitamin C	38.82 mg	Dietary Fiber	7.60 g

Serving	Yield	Volume
1 cup (8 fl oz ladle) chili and ¼ cup (No. 16 scoop) quinoa provides: **Legume as Meat Alternate:** ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, ¼ cup additional vegetable, and ½ oz equivalent grains. OR **Legume as Vegetable:** ⅛ cup legume vegetable, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, ¼ cup additional vegetable, and ½ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 14 lb 50 Servings: about 27 lb	25 Servings: about 1 gallon 3 quarts 1 steam table pan 50 Servings: about 3 gallons 2 quarts 2 steam table pans