Dry Beans and Peas

This warm and wonderful vegetarian chili will light up your palate with three flavorful beans mixed together with vegetables and spices, surrounded by crunchy corn tortilla chips, and sprinkled with a blend of cheeses.

Vegetable Chili Boat

CEDAR CLIFF HIGH SCHOOL
Camp Hill, Pennsylvania

Our Story

Cedar Cliff High School, located near Hershey, Pennsylvania, is committed to quality education that prepares students to be responsible adults. To foster this commitment, it seized the recipe competition as an opportunity to involve students, parents, and community members in a real-life challenge of creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. More than 250 students selected the chili and were surveyed. The results were overwhelmingly positive, with the majority of the students stating that they would purchase the meal again. The team decided to launch the Vegetable Chili Boat as its contest entry. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Todd Stoltz

CHEF
Thomas Long, CEC AAC (Executive Chef, Sodexo at Holy Spirit Hospital)

COMMUNITY MEMBER
Jaci Scott, (Family and Consumer Science Teacher)

STUDENT
Tessa L.

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		3 Tbsp		⅓ cup 2 tsp	1. Heat oil. For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan (20 ⅞"x 17 ⅜" x 7") on top of stove.
*Fresh onions, diced	11 ¼ oz	2 ⅓ cups	1 lb 6 ½ oz	1 qt ⅔ cup	2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
*Fresh green bell peppers, diced	8 ¼ oz	1 ½ cups	1 lb ½ oz	3 cups	
Canned low-sodium pinto beans, drained, rinsed OR *Dry pinto beans, cooked (See Notes Section)	10 ½ oz OR 10 ½ oz	1 ½ cups (¼ No. 10 can) OR 1 ½ cups	1 lb 5 oz OR 1 lb 5 oz	3 cups (½ No. 10 can) OR 3 cups	
Canned low-sodium kidney beans, drained, rinsed OR *Dry kidney beans, cooked (See Notes Section)	10 ¾ oz OR 10 ¾ oz	1 ⅔ cups (¼ No. 10 can) OR 1 ⅔ cups	1 lb 5 ½ oz OR 1 lb 5 ½ oz	3 ⅓ cups (½ No. 10 can) OR 3 ⅓ cups	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	1 lb 3 oz OR 1 lb 3 oz	2 ¼ cups (⅓ No. 10 can) OR 2 ¼ cups	2 lb 6 oz OR 2 lb 6 oz	1 qt ½ cup (⅔ No. 10 can) OR 1 qt ½ cup	
Chili powder	2 ½ oz	¼ cup 2 Tbsp	5 oz	¾ cup	
Canned low-sodium diced tomatoes	1 lb 5 ½ oz	2 ½ cups (¼ No. 10 can)	2 lb 11 oz	1 qt 1 cup (½ No. 10 can)	3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
Low-sodium chicken stock		1 qt ⅓ cup		2 qt ⅔ cup	
Hot sauce		1 tsp		2 tsp	

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

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium tomato paste	9 oz	1 cup (⅓ No. 2 ½ can)	1 lb 2 oz	2 cups (⅔ No. 2 ½ can)	4. Add tomato paste and mix well. Cook for an additional 10 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					5. Pour into serving pans. 6. Critical Control Point: Hold for hot service at 135 ° F or higher.
Reduced-fat cheddar cheese, shredded	3 ½ oz	1 cup	7 oz	2 cups	7. Combine cheddar and mozzarella cheeses.
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	3 ½ oz	1 cup	7 oz	2 cups	
Low-sodium tortilla chips	9 oz	62 chips	1 lb 2 oz	124 chips	
					8. Portion with 6 fl oz ladle (¾ cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

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

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

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 pinto beans = about 2 ⅜ cups dry or 5 ¼ cups cooked beans.
1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.
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	13 oz	1 lb 10 oz
Green bell peppers	11 oz	1 lb 6 oz
Dry pinto beans	3 oz	6 oz
Dry kidney beans	7 oz	14 oz
Dry black beans	8 oz	1 lb

Nutrients Per Serving

Calories	141.07	Saturated Fat	1.16 g	Iron	1.73 mg
Protein	7.26 g	Cholesterol	4.28 mg	Calcium	117.93 mg
Carbohydrate	20.72 g	Vitamin A	1226.43 IU (63.57 RAE)	Sodium	159.49 mg
Total Fat	4.20 g	Vitamin C	14.13 mg	Dietary Fiber	5.04 g

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: **Legume as Meat Alternate:** ¾ oz equivalent meat alternate, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains. OR **Legume as Vegetable:** ¼ oz equivalent meat alternate, ⅛ cup legume vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ 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 9 lb 50 Servings: about 18 lb	25 Servings: about 1 gallon 2 cups 50 Servings: about 2 gallons 1 quart