

Vegetarian Chili

By Chef Vincent “Vin” Connelly, Kitchen Manager, Cambridge Rindge and Latin School

Total served: 100 servings

Portion size: $\frac{3}{4}$ cup, 6 ounce ladle

“A great fall or winter entrée.”

Ingredients:

- 2 cups vegetable oil
- $\frac{1}{3}$ cup chopped garlic
- 2 $\frac{1}{2}$ large onions, chopped
- 2 tablespoons salt
- 3 large bell peppers, chopped
- 3 $\frac{1}{2}$ pounds butternut squash, diced
- $\frac{2}{3}$ cup chili powder
- $\frac{1}{3}$ cup cumin
- 6 cups corn kernels
- 3 cups water
- 1 #10 can kidney beans, drained
- 1 #10 can diced tomatoes
- $\frac{1}{2}$ #10 can tomato sauce
- 7 pounds cheddar cheese, shredded

Directions:

1. Heat the oil in a large pot
2. Add garlic, sauté for 1 minute, add onions, sauté for 6 minutes or until translucent
3. Add green peppers and squash, cover and sweat for 10 minutes, stirring occasionally
4. Add chili powder and cumin
5. Add water and bring to a boil, reduce heat and simmer for 15 minutes
6. Raise heat and add corn, tomatoes, tomato sauce, kidney beans, and black pepper
7. Reduce heat when it comes to a boil, and simmer for 30 minutes
8. Transfer to hotel pans and cover with the shredded cheddar

Critical Control Point (CCP): Heat to 140° or higher for at least 15 seconds

Critical Control Point (CCP): Hold for hot service at 135° or higher

This recipe is part of Project Bread’s Healthy Schools Cookbook, which is being developed to help schools meet the new USDA guidelines and prepare nutritious meals that kids like to eat.