

fiesta chili



Serving Suggestion



fiesta chili

portion size:
1 cup

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Turkey Chili FC, #2854-28, thawed		13 lbs. 8 oz.		27 lbs.	1. Mix all ingredients together in large pot or kettle. 2. Bring to boil. Decrease heat and simmer for 1 hour. 3. Hold at 140°F. until service. Use 8 oz. ladle to portion.
Diced onion, raw	2 ½ c.		1 qt. 1 c.		
Diced red pepper, raw	2 ½ c.		1 qt. 1 c.		
Pinto beans, low sodium, canned, drained	1 qt.		2 qt.		
Black beans, canned, drained	1 qt.		2 qt.		
Corn, frozen, IQF, or canned, drained	1 qt. 2 c.		3 qt.		
Diced green chilis, canned	½ c. 2 tbsp.		1 ½ c.		
Tomatoes, diced, canned with juice, no salt	1 #10 can		2 #10 cans		
Chili powder	¼ c. 1 tbsp.		½ c. 2 tbsp.		
Cumin, ground	¼ c. 1 tbsp.		½ c. 2 tbsp.		
Garlic, granulated	1 tbsp.		2 tbsp.		
Water	1 qt. 1 c.		2 qt. 2 c.		

• 1 serving provides 2 oz. meat/meat alternate and ½ c. (other) vegetable.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving					
Calories	206 cal	Trans Fat	0 g	Carbohydrates	20 g
Fat	5 g	Cholesterol	51 mg	Dietary Fiber	4 g
Saturated Fat	2 g	Sodium	561 mg	Protein	21 g