

Protein Packed Chili with Tempeh

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		1 gallon + 3 ¼ cups		2 gallons + ¾ quart
Tomato paste		1 ¾ quarts		2 ½ quarts
Kidney beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 1 ½ -#10 cans		3 gallons + 1 pint OR 3-#10 cans
Tempeh	3 lbs. 2 oz.			6 lbs. 4 oz.
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, fresh, diced	8 oz.		1 lb.	
Carrots, shredded	1 lb.		2 lb.	
Corn, tempered	8 oz.		1 lb.	
Salt		2 Tbsp.		¼ cup
Chili powder		½ cup		1 cup
Garlic, granulated		¼ cup		½ cup
Cumin		¼ cup		½ cup
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Crumble tempeh into small pieces.
2. Sauté onions and peppers in a tilt skillet.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add beans, tempeh, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each cup of chili provides 2 meat/meat alternates, and ½ cup red/orange vegetable.

OR

Serve 4 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each ½ cup of chili provides 1 meat/meat alternates, and ¼ vegetable component.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 257 Total Fat: 4g Saturated Fat: 0.8g Monounsaturated Fat: 1g Polyunsaturated Fat: 1.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 41g Fiber: 10g Total Sugar: 9g Protein: 15g Sodium: 499mg Vitamin A: 95µg Vitamin C: 8mg Calcium: 86mg Iron: 4mg Folate: 130µg



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