## **Sweetpotato Bean Chili**

Meal Component(s) for Sweetpotato Quesadilla:

2 oz. Meat/Meat Alternate, ½ cup Red/Orange Vegetable, ½ cup Other Vegetable

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1 quesadilla Servings: 66

Sweetpotatoes, fresh, diced, precut  Onions, fresh  Peppers, bell, fresh, green  Beans, black, low-sodium  Beans, kidney, low-sodium  Vegetable Oil  Cumin  Garlic, granulated  Papirka  Cinnamon, ground  Tomatoes, canned, crushed  Water  Cheese, cheddar, shredded  7 lb 6 oz  2 lb 8 oz  2 lb 8 oz  2 lb 11 oz  1 #10 can  2 c 2 Tbsp  Coreses, cheddar, shredded  4 lb 2 oz  1 lb 10 oz  1 lb 11 oz  1 lb 10 can  1 lb 10	INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Peppers, bell, fresh, green  Beans, black, low-sodium  Beans, kidney, low-sodium  Vegetable Oil  Chili powder  Cumin  Garlic, granulated  Paprika  Cinnamon, ground  Tomatoes, canned, crushed  Water  Veles and Sale See, seeddar, shredded  Alb 2 07  Beans, black, low-sodium  1 #10 can  2 #10 cans  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  2 #10 cans  1 #10 can  1 #10 can  2 #10 cans  1 #10 can  1 #10 can	· · · · · · · · · · · · · · · · · · ·	7 lb 6 oz		scrub, and peel fresh sweetpotatoes, then cut into ½ " pieces. Note: May
Beans, black, low-sodium  Beans, kidney, low-sodium  Vegetable Oil  Chili powder  Cumin  Garlic, granulated  Paprika  Cinnamon, ground  Cinnamon, ground  Tomatoes, canned, crushed  Water  Cheese cheddar shredded  A lh 2 oz  A lh 2	Onions, fresh	2 lb 8 oz		2. Rinse onions and bell peppers under running water.
Beans, black, low-sodium  Beans, kidney, low-sodium  Vegetable Oil  Chili powder  Cumin  Garlic, granulated  Paprika  Paprika  Cinnamon, ground  Tomatoes, canned, crushed  Water  Cheese cheddar shredded  Mater  Drain and rinse beans. Set aside.  5. Preheat the kettle or skillet to medium heat. Add oil.  6. Once oil is shimmering, add sweetpotatoes and sauté for 6 to 8 minutes.  Note: If using frozen sweetpotatoes, thaw in the refrigerator and add to dish in step 9.  CCP: Thaw sweetpotatoes at 41°F or below.  7. Add 2 q to fliced onions and 2 q to fliced bell peppers and continue cooking for approximately 8-10 minutes or until the onion is translucent and the sweet potatoes begin to soften.  8. Add the chili powder, cumin, garlic, paprika, and cinnamon. Combine with vegetables about 30 seconds, stirring frequently.  9. Add tomatoes, beans, and water. Stir to combine.  10. Bring to a boil. Once boiling, reduce to a simmer.  11. Simmer uncovered for 20-25 minutes.  CCP: Cook to a minimum internal temperature at or above 135°F.  12. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  CCP: No bare hand contact with ready to eat food.	Peppers, bell, fresh, green	2 lb 11 oz		3. Peel and dice onion into ½" pieces. Dice bell pepper into ½" pieces.
Beans, kidney, low-sodium  Vegetable Oil  1 #10 can  2 #10 cans  2 #10 cans  1 #10 can  2 #10 cans  3 #10 cans  4 #10 cans  4 #10 cans  4 #10 cans  4 #10 cans  5 #10 cans  6 *2 **CP: No bare to minimum internal temperature at or above 135°F.  2 **CP: No bare hand contact with ready to eat food.				4. Drain and rinse beans. Set aside.
Note: If using frozen sweetpotatoes, thaw in the refrigerator and add to dish in step 9.  CCP: Thaw sweetpotatoes at 41°F or below.  7. Add 2 qt of diced onions and 2 qt of diced bell peppers and continue cooking for approximately 8-10 minutes or until the onion is translucent and the sweet potatoes begin to soften.  8. Add the chili powder, cumin, garlic, paprika, and cinnamon. Combine with vegetables about 30 seconds, stirring frequently.  Paprika  Paprika  2 Tbsp  3 Add tomatoes, beans, and water. Stir to combine.  10 Bring to a boil. Once boiling, reduce to a simmer.  11 Simmer uncovered for 20-25 minutes.  CCP: Cook to a minimum internal temperature at or above 135°F.  12 Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  CCP: No bare hand contact with ready to eat food.	Beans, black, low-sodium		1 #10 can	5. Preheat the kettle or skillet to medium heat. Add oil.
CCP: Thaw sweetpotatoes at 41°F or below.  Chili powder  Cumin  Cumin  Garlic, granulated  Paprika  Cinnamon, ground  Cinnamon, ground  Cinnamon, ground  Water  Cheese cheddar shredded  Alb 2 oz  CCP: Thaw sweetpotatoes at 41°F or below.  7. Add 2 qt of diced onions and 2 qt of diced bell peppers and continue cooking for approximately 8-10 minutes or until the onion is translucent and the sweet potatoes begin to soften.  8. Add the chili powder, cumin, garlic, paprika, and cinnamon. Combine with vegetables about 30 seconds, stirring frequently.  9. Add tomatoes, beans, and water. Stir to combine.  10. Bring to a boil. Once boiling, reduce to a simmer.  11. Simmer uncovered for 20-25 minutes.  CCP: Cook to a minimum internal temperature at or above 135°F.  12. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  CCP: No bare hand contact with ready to eat food.	Beans, kidney, low-sodium		1 #10 can	Note: If using frozen sweetpotatoes, thaw in the refrigerator and add to dish
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Garlic, granulated  1/4 c 2 Tbsp  Paprika  2 Tbsp  Cinnamon, ground  Tomatoes, canned, crushed  Water  Cheese cheddar shredded  1/4 c 2 Tbsp  2 Tbsp  8. Add the chili powder, cumin, garlic, paprika, and cinnamon. Combine with vegetables about 30 seconds, stirring frequently.  9. Add tomatoes, beans, and water. Stir to combine.  10. Bring to a boil. Once boiling, reduce to a simmer.  11. Simmer uncovered for 20-25 minutes.  CCP: Cook to a minimum internal temperature at or above 135°F.  12. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  CCP: No bare hand contact with ready to eat food.	Chili powder		½ c 2 Tbsp	
Faprika  Paprika  2 Tbsp  Cinnamon, ground  Tomatoes, canned, crushed  Water  Cheese cheddar shredded  4 lb 2 oz  Vegetables about 30 seconds, stirring frequently.  9. Add tomatoes, beans, and water. Stir to combine.  10. Bring to a boil. Once boiling, reduce to a simmer.  11. Simmer uncovered for 20-25 minutes.  CCP: Cook to a minimum internal temperature at or above 135°F.  12. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  CCP: No bare hand contact with ready to eat food.	Cumin		1/4 c 2 Tbsp	potatoes begin to soften.
Cinnamon, ground  Tomatoes, canned, crushed  Water  Under the spread of	Garlic, granulated		1⁄4 c 2 Tbsp	
Cinnamon, ground  Tomatoes, canned, crushed  Water  1 Tbsp  2 # 10 cans  1 Tbsp  2 # 10 cans  1 Tbsp  2 # 10 cans  2 # 10 cans  1 Tbsp  2 # 10 cans  1 Tbsp  2 # 10 cans  2 # 10 cans  1 ½ gal  10. Bring to a boil. Once boiling, reduce to a simmer.  11. Simmer uncovered for 20-25 minutes.  CCP: Cook to a minimum internal temperature at or above 135°F.  12. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  CCP: No bare hand contact with ready to eat food.	Paprika		2 Thsp	9. Add tomatoes, beans, and water. Stir to combine.
Tomatoes, canned, crushed  Water  2 # 10 cans  1 ½ gal  CCP: Cook to a minimum internal temperature at or above 135°F.  12. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chilli with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  CCP: No bare hand contact with ready to eat food.				10. Bring to a boil. Once boiling, reduce to a simmer.
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Water  Water  12. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips.  Cheese cheddar shredded  4 lb 2 oz  Cheese cheddar shredded  4 lb 2 oz	Tomatoes canned crushed		2 # 10 cans	CCP: Cook to a minimum internal temperature at or above 135°F.
grain rich corn bread, roll or tortilla chips.  Cheese cheddar shredded 4 lb 2 oz CCP: No bare hand contact with ready to eat food.	romatoco, carmoa, orasnea	2#10	2 17 10 04115	or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole
Cheese cheddar shredded 4 lb 2 oz CCP: No bare hand contact with ready to eat food.	Water		1 ½ gal	
	Cheese, cheddar, shredded	4 lb 2 oz		CCP: No bare hand contact with ready to eat food.

**Nutrients Per Serving** 

Calories 266 Total Fat 8.5g Saturated Fat 4.5g Protein 14.5g Carbohydrate 35g Sodium 479mg

