

TURKEY AND BLACK BEAN CHILI

RSD #10, Avon & Canton Public Schools - 2018
Adapted from *USDA Mixing Bowl* recipes

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Vegetable oil		¼ cup		½ cup	<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> 1. Heat oil in a large pot over medium heat. When oil is hot, add garlic and cook for 30 seconds. 2. In separate pan, brown ground turkey (spray pan with pan release to prevent sticking) until completely cooked and cooked to 160 degrees F. Hold in warmer until step 7. 3. Add onions, peppers, and squash. Sprinkle with salt. Cover pot and sauté for 15 minutes, stirring occasionally. 4. Stir in chili powder and cumin. 5. Raise heat to high. Add water. Bring mixture to a boil. Reduce heat and simmer for 15 minutes. 6. Stir in tomatoes and black beans. Raise heat to high, and bring chili to a boil. 7. Add cooked ground turkey and reduce heat. Simmer for 15 minutes. Season with black pepper. 8. At service, offer ½ oz. cheddar to be served on top if requested.
Chopped garlic		2 Tbsp		¼ cup	
Spanish onions, peeled and diced	⅞ lbs..	1 ⅝ cups	1 ¾ lbs.	3 ¼ cups	
Red bell peppers, cored and diced	½ lb.	1 cup 5 Tbsp	1 lb.	2 ⅝ cups	
Butternut squash, peeled and diced	1 lbs.	1 ⅞ cups	2 lbs.	3 ¾ cups	
Kosher salt		½ Tbsp		1 Tbsp	
Chili powder		3 Tbsp		¾ cup	
Cumin		2 Tbsp		¼ cup	
Water		3 cups		6 cups	
Crushed tomatoes		7 ¼ cups		14 ½ cups (1⅞ #10 cans)	
Low-sodium black beans, drained and rinsed		3½ cups (½ #10 can)		7 cups (1 #10 can)	
Ground turkey	3¼ lbs.		6½ lbs		
Black pepper		¼ Tbsp		½ Tbsp	
OPTIONAL: Reduced fat cheddar, shredded**			1.5 lb	1 qt. 2 cups	

Serving Size: 1 cup

Meal Pattern Contribution:

1 ½ oz M/MA, 3/8 cup total vegetable (¼ cup red/orange (Tomato), ¼ cup legume, ¼ cup Additional Veg (onion and Butternut Squash)).

** ½ oz cheddar would contribute an additional ½ oz meat/meat alternate if served.

HACCP/Serving Instructions

1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.



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