



Recipe Name: Tofu, Kale, and Bean Chili

File No:

Recipe Adapted From:



Bush's Best Bean Co.

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 cup	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure	Procedure
Oil, Olive, Divided		¾ cup	1. See Tofu in a Nutshell for tofu preparation information. 2. In a large stock pot heat half of the oil (6Tbsp) over medium-high heat. 3. Add tofu, red pepperflakes, and salt. 4. Sear tofu for 2-4 minutes, remove from the pot and set aside. 5. In the same pot, reduce heat to medium, add the remaining oil. 6. Once the oil is hot, add onions, carrots, and corn. 7. Sauté for 7-10 minutes. 8. Add garlic and continue to cook for an additional 2-3 minutes. 9. Add both tomatoes, green chilies, broth, beans, and chipotle peppers. 10. Bring to a boil, reduce heat, and allow to simmer. 11. Add the reserved tofu, kale, chili powder, and cumin powder. 12. Simmer for 20-30 minutes CCP: Hot hold for service at 140°F or above.
Tofu, Raw, Firm, Diced	10½ lbs		
Pepper, Red, Flakes		2 tsp	
Salt		2 tsp	
Onion, Raw, Chopped	4 lbs		
Carrots, Raw, Chopped		4 cups	
Corn, Frozen, No Salt Added, USDA #100348		6 cups	
Garlic, Fresh, Minced		½ cup	
Tomatoes, Diced, Canned, No Salt Added, USDA #100329		1 #10 can	
Peppers, Chile, Green, Canned	32 oz		
Tomatoes, Crushed, Canned		12⅔ cups	
Broth, Vegetable, Low-Sodium		4 qt	
Beans, Baked, Vegetarian, Cnd, USDA #100364		2 #10 can	
Peppers, Chipotle in Adobe Sauce, Minced		½ cup	
Kale, Raw, Stems Removed, Chopped	2 lb		
Chili Powder		1⅓ cup	
Cumin Powder		½ cup	

Meal Component Contribution			Total Yield		
Meat/Meat Alternate: 1.75 oz eq			Weight:		
Vegetable Subgroups			Number of Pans:		
DG	RO	BPL	Pan size:		
	¼ cup		Volume:		
S	O	A	Nutritional Analysis Based on Portion Size		
		¼ cup	Calories: 194 kcal		
Fruit:			Saturated Fats (g): 0.97 g		
Grains:			Sodium (mg): 437.68 mg		
Based on USDA Fod Buying Guide-RAW			Calculated using NutriKids		

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
 S - starchy O - other A - additional