



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
Number of Portions: 50	<input type="checkbox"/> #1 No Cook
Portion Size: 1 cup	<input type="checkbox"/> #2 Cook & Serve Same Day
Serving Utensil:	<input type="checkbox"/> #3 Includes Cooling Step
Servings Per Pan:	

Ingredients	Weight	Measure
Oil, Olive, Divided		6 Tbsp
Tofu, Raw, Firm, Diced	5¼ lbs	
Pepper, Red, Flakes		1 tsp
Salt		1 tsp
Onion, Raw, Chopped	2 lbs	
Carrots, Raw, Chopped		2 cups
Corn, Frozen, No Salt Added, USDA #100348		3 cups
Garlic, Fresh, Minced		¼ cup
Tomatoes, Diced, Canned, No Salt Added USDA #100329		½ #10 can
Peppers, Chile, Green, Canned	16 oz	
Tomatoes, Crushed, Canned		6⅓ cups
Broth, Vegetable, Low-Sodium		2 qt
Beans, Baked, Vegetarian, Cnd, USDA #100364		1 #10 can
Peppers, Chipotle in Adobe Sauce, Minced		¼ cup
Kale, Raw, Stems Removed, Chopped	1 lb	
Chili Powder		⅔ cup
Cumin Powder		¼ cup

Procedure
1. See Tofu in a Nutshell for tofu preparation information.
2. In a large stock pot heat half of the oil (3Tbsp) 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

Meal Component Contribution		
Meat/Meat Alternate: 1.75 oz eq		
Vegetable Subgroups		
DG	RO	BPL
	¼ cup	
S	O	A
		¼ cup
Fruit:		
Grains:		
Based on USDA Food Buying Guide-RAW		



Total Yield	
Weight:	
Number of Pans:	
Pan size:	
Volume:	
Nutritional Analysis Based on Portion Size	
Calories: 194 kcal	
Saturated Fats (g): 0.97 g	
Sodium (mg): 437.68 mg	
Calculated using NutriKids	

CCP: Hot hold for service at 140°F or above.

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