

Chili Vegan CP

(CVCP-2verified)

Production Date: Wednesday, 4/15/2015

Production Shift: [all Meals]

Times

Prep Time:

Cooking Time:

Temperatures

Cooking Temp:

Internal Temp:

Production Amount

Yield: 1 5.25 lb batch

Portions: 10.5 8 oz portion

Ingredients and Instructions

(Key Name)

Extra Virgin Olive Oil	1 Tablespoon + 1 1/2 Teaspoon	(37063)
Spanish Onions <i>Dice 1/4"</i>	2 Cup	(VONISPAN)
Chopped Garlic	2 Tablespoon	(8351)
Jalapeno Peppers <i>Mince</i>	1.5 Ounce	(VPEPJALAX)
Celery <i>Dice 1/4"</i>	1 Cup	(VCELERY-)
Red Peppers <i>Dice 1/4"</i>	1 Pepper	(VPEPRED)
Diced Tomatoes In Juice	1 Pound + 12 Ounce	(34296)
1/2 Vegetarian Stock	1 Cup	(SV-)
Tomato Paste	8 Ounce	(9247)
Kidney Beans	15 Ounce	(34133)
Pinto Beans	1 15.5 Oz Can	(2437)
Light Chili Powder	3 Tablespoon	(37535)
Cumin Seed Ground	1 Tablespoon	(37533)
Oregano Leaves	1 Teaspoon	(33540)
Sea Salt	0.5 Teaspoon	(15929)
Cayenne Pepper 16 Oz	0.25 Teaspoon	(37543)
Tabasco Sauce	1 Teaspoon	(7605)

1. Heat the oil in a large pot. Add the garlic and onion. Saute until the onion softens, about 5 minutes.
2. Add the jalapeno, celery and bell peppers. Saute for 5-7 minutes.
3. Add the tomato products and the vegetable stock. Bring to a simmer.
4. Add the beans and seasonings. Simmer for 10-15 minutes.
5. Pan and serve.

Vegan Chili
8 oz portion

Nutrition Facts		
Serving Size 8 oz portion (225g)		
Serving Per Container1		
Amount Per Serving		
Calories 140	Calories from Fat 25	
% Daily Values*		
Total Fat 3g		4 %
Saturated Fat 0		2 %
Trans Fat 0		%
Polyunsaturated Fat 0		%
Monounsaturated Fat 0		%
Cholesterol less than 5 milligrams		0 %
Sodium 510mg		21 %
Total Carbohydrate 23g		8 %
Dietary Fiber 7g		28 %
Sugars 6g		%
Protein 7g		14 %
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%
Vitamin E 0%	•	Vitamin B6 0%
Percent Daily Values are based on a 2 000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2 400mg 2 400mg
Total Carbohydrates		300g 375g
Dietary Fiber		25g 30g
Calories per gram		
Fat 9	•	Carbohydrates 4 • Protein 4

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.

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