

turkey chili with black beans



Serving Suggestion



turkey chili with black beans

portion size:
1 cup

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Chopped raw onions	1 qt.	6 lbs.	2 qt.	12 lbs.	<ol style="list-style-type: none"> Mix all ingredients (except beans) in tilt skillet or 4" pans. Bring mixture to boil then reduce and simmer for 45 minutes. Rinse beans and add to chili mixture while simmering and heat until internal temperature reaches 165° F. as measured by meat thermometer. Use 8 oz. ladle to portion each serving.
Dried oregano	¼ c. 3 tbsp.		¾ c. 2 tbsp		
Ground cumin	¼ c. 3 tbsp.		¾ c. 2 tbsp.		
Chili powder	1 c. 2 oz.		2 c. 4 oz.		
Bay leaves	12 ea.		24 ea.		
Unsweetened cocoa	¼ c. 2 tbsp.		¾ c.		
Ground cinnamon	1 ½ tsp.		1 tbsp.		
Chunked Turkey, W/D FC, #6447-20, thawed		10 lbs.		20 lbs.	
Tomatoes, diced, no salt added, USDA	4 #10 cans		8 #10 cans		
Chicken broth	3 qt.		1 gal. 2 qt.		
Tomato sauce, low sodium, canned, USDA	2 #10 cans		4 #10 cans		
Black beans, low sodium, canned, USDA	2 #10 cans		4 #10 cans		

Serving Suggestion: Offer a whole grain roll or corn bread on the side.

• 1 serving provides 2 oz. meat/meat alternate and ½ cup of vegetables.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving

Calories	263 cal	Trans Fat	0 g	Carbohydrates	28.42 g
Fat	4.51 g	Cholesterol	55.36 mg	Dietary Fiber	11.10 g
Saturated Fat	1.37 g	Sodium	1069.90 mg	Protein	30.06 g