

louisiana white bean chili



Serving Suggestion



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portion size:
1 cup

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Savory Turkey Crumbles FC, #6401-40, thawed		3 lbs. 7 oz.		6 lbs. 14 oz.	1. Mix all ingredients in kettle and bring to boil. Reduce heat to simmer and cook for 30 minutes. Ingredients may also be mixed in 4" hotel pans and steamed for 12-15 minutes. 2. Hold at 140°F. or above until service. 3. Serve with 8 oz. ladle.
White kidney beans, canned, drained	2 #10 cans		4 #10 cans		
Salsa, chunky, mild or medium (choose heat to meet student preference)	1 qt. 3 c.		3 qts. 2 c.		
Chicken broth, reduced salt	2 qtw.		1 gal.		
Water	1 qt. 3 c.		3 qts. 2 c.		
Cumin	1 ½ tbsp.		3 tbsp.		

Serving Suggestion: For a creamier chili, mash or chop 3-4 cups of the beans.

• 1 serving provides 1 oz. meat/meat alternate, ½ cup legumes, and ⅛ cup red/orange.

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

Nutrients Per Serving					
Calories	181 cal	Trans Fat	0 g	Carbohydrates	23.38 g
Fat	2.63 g	Cholesterol	21.00 mg	Dietary Fiber	10.09 g
Saturated Fat	0.76 g	Sodium	789.63 mg	Protein	14.81 g