

Sweetpotato Bean Chili

Meal Component(s) for Sweetpotato Quesadilla:
2 oz. Meat/Meat Alternate, ½ cup Red/Orange Vegetable, ⅛ cup Other Vegetable

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1 quesadilla

Servings: 66

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Sweetpotatoes, fresh, diced, precut	7 lb 6 oz		<ol style="list-style-type: none"> Do not wash precut sweetpotatoes. If using fresh uncut sweetpotatoes, rinse, scrub, and peel fresh sweetpotatoes, then cut into ½ " pieces. Note: May substitute frozen, random chunk sweetpotatoes. Rinse onions and bell peppers under running water. Peel and dice onion into ½" pieces. Dice bell pepper into ½" pieces. Drain and rinse beans. Set aside. Preheat the kettle or skillet to medium heat. Add oil. Once oil is shimmering, add sweetpotatoes and sauté for 6 to 8 minutes. Note: If using frozen sweetpotatoes, thaw in the refrigerator and add to dish in step 9. CCP: Thaw sweetpotatoes at 41°F or below. Add 2 qt of diced onions and 2 qt of diced bell peppers and continue cooking for approximately 8-10 minutes or until the onion is translucent and the sweet potatoes begin to soften. Add the chili powder, cumin, garlic, paprika, and cinnamon. Combine with vegetables about 30 seconds, stirring frequently. Add tomatoes, beans, and water. Stir to combine. Bring to a boil. Once boiling, reduce to a simmer. Simmer uncovered for 20-25 minutes. CCP: Cook to a minimum internal temperature at or above 135°F. Serve 1 cup (~9 oz by weight) using an 8 oz ladle. Top chili with 1 oz cheese or serve 1 oz cheese on the side. Recommend serving with a 2 oz whole grain rich corn bread, roll or tortilla chips. CCP: No bare hand contact with ready to eat food. CCP: Hold for hot service at or above 135°F.
Onions, fresh	2 lb 8 oz		
Peppers, bell, fresh, green	2 lb 11 oz		
Beans, black, low-sodium		1 #10 can	
Beans, kidney, low-sodium		1 #10 can	
Vegetable Oil		½ c	
Chili powder		½ c 2 Tbsp	
Cumin		¼ c 2 Tbsp	
Garlic, granulated		¼ c 2 Tbsp	
Paprika		2 Tbsp	
Cinnamon, ground		1 Tbsp	
Tomatoes, canned, crushed		2 # 10 cans	
Water		1 ½ gal	
Cheese, cheddar, shredded	4 lb 2 oz		

Nutrients Per Serving

Calories 266 Total Fat 8.5g Saturated Fat 4.5g Protein 14.5g Carbohydrate 35g Sodium 479mg



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