Sweet Potato and Kidney Bean Chili Main Dish

Portion Size 1 ⅝ Cup

Ingredients

	100 Portions
	Measure
Sweet Potato, unprepared, raw	8 lbs + 12 oz
Yellow Onions, raw	4 lbs + 52 oz (chopped)
Sweet Green Peppers, raw	4 lbs + 20 oz (chopped)
Garlic, raw	4 oz
Oil, canola	6 ½ oz
Diced Tomatoes, no salt added, canned	29 lbs
Paprika	¼ oz
Ground Cumin	2 ½ oz
Black Pepper	¼ oz
Kosher Salt, ground coarse box	2 ½ oz
Chili Powder	2 ½ oz
Kidney Beans, canned, low-sodium	34 lbs + 13 oz
Vegetable Soup Stock, low-sodium	8 lbs

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Preheat oven to 375°F.

Wash the sweet potatoes and peel off the skin. Dice the potatoes into 1" cubes. Place the sweet potatoes on a lined sheet pan and roast them in the oven for 20-25 minutes until they are tender and have reached the minimum internal temperature of 135°F. Once they are done, remove from the oven and set aside.

Mince the garlic on a cutting board. Add the minced garlic, chopped onion and bell peppers to a large bowl, mix well. Set aside.

Over a medium flame add the oil to a large pot. Once the oil is hot, add the onion mixture and allow the vegetables to sweat.

Drain and rinse the kidney beans and set aside in a large bowl.

Once the vegetables are tender, add the diced tomatoes, all of the seasonings, vegetable stock, roasted sweet potatoes and gently mix all ingredients. Finally add the kidney beans and mix into the chili.

Hold for hot service at 135°F or higher

Components
Meat/Meat ALT 2 oz eq   **Vegetable** ¾ cup

Nutrients Per Serving

Calories 242.474 kcal	**Cholesterol** 0.000 mg	**Protein** 11.001 g	**Vitamin A** 6738.495 IU
Total Fat 2.771 g	**Carbohydrate** 44.671 g	**Sodium** 586.385 mg	**Vitamin C** 39.154 mg
Saturated Fat 0.285 g	**Dietary Fiber** 13.739 g	**Iron** 3.875 mg	**Water** 117.818 g
Trans Fat 0.007 g	**Sugars** 5.285 g	**Calcium** 98.001 mg	**Ash** N/A