

The background features stylized illustrations of various ingredients. In the top left, there is a whole orange slice and a partial slice. In the top right, there is a pink flower and a pink petal. In the bottom left, there is a red chili pepper and several slices of tomato. In the bottom right, there is a large red tomato and several black beans. The central text is set against a dark blue horizontal band.

# CHILI & BEAN ENTREES

# THREE BEAN CHILI WITH SOY CHORIZO



**Anna Scimone, Director of Nutrition Services, Escondido Union ESD**

Perfect for winter weather, this chili is rich with added plant-based chorizo or crumbles to give it depth of flavor. Serve it with a warm, crusty roll or breadstick, salad bar selections, and fresh, local fruit to round out the meal. You can use either canned beans or organic dried beans for this mouth-watering entree.



**Complexity Rating: 2**



**Prep Model: Full Prep**



**Servings: 100**

## Allergens:



**Soy**

**Meal Component:** 2 MA, 2 Grain (chili is premade, so no vegetable indicators)

**Equipment:** Kettle or Tilt Skillet



## THREE BEAN CHILI WITH SOY CHORIZO

Ingredients	Servings	Instructions
Beans, Pinto	4, #10 cans	<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Prepare ingredients. Sauté onions and peppers until soft.</li> <li>• Assemble remaining ingredients (minus the plant-based crumble) with sauteed vegetables in Kettle or Tilt Skillet.</li> <li>• Cook for 1-2 hours.</li> <li>• When product has reached 145°F place it in 200 pans and hold for service.</li> <li>• If transporting cool and reheat on site (adding plant-based crumble) until internal temperature reaches 165°. When ready to prepare, sear patties on both sides in a smoking hot pan with a little olive oil or vegetable oil.</li> </ul> <p><b>Assembly (1 serving)</b></p> <ul style="list-style-type: none"> <li>• Place 8oz of Three Bean Chili with Soy Chorizo in a bowl.</li> <li>• Serve with 2 oz. of tortilla chips.</li> </ul>
Beans, Black, Washed, Drained	2, #10 cans	
Garbanzo Beans	2, #10 cans	
Onions, Diced	1.5 lbs	
Peppers, Green Chili, Diced	2 cups	
Tomatoes, Diced, Drained	6 cups	
Vegetable Base	8 tbsp	
Spice, Chili, Powder	2 tbsp	
Tomato, Paste	3/4 cups	
Pepper, White	2 tbsp	
Spice, Cumin	4 tbsp	
Salt	2.5 tbsp	
Corn, Frozen	2 lb	
Plant-Based Crumble or Plant-Based Chorizo	5 lb	
Tortilla, Strips, Tri- Color	100 1/2oz serving bags	

# SWEET POTATO BLACK BEAN CHIMICHURRI BOWL



**Erin Primer, Director of Nutrition Services, San Luis Coastal USD**

San Luis Coastal USD's Director of Nutrition Services, Erin Primer, created this tasty bowl to highlight the perfect combination of sweet potatoes and black beans. The spicy chimichurri sauce adds a kick to the recipe that's popular with secondary students.



**Complexity Rating: 3**



**Prep Model: Full Prep**



**Servings: 60**

ALLERGEN  
FREE

**Meal Component:** 2 MA, 2 Grain, 1/2 c. Veg (red/orange - sweet potato)





## SWEET POTATO BLACK BEAN CHIMICHURRI BOWL

Ingredients	Servings
<b>Sweet Potato Chimichurri Bowl (60)</b>	
<b>Sweet Potato Vegetable Mixture</b>	
Sweet Potato Chunk	7.5 lb
Pepper Onion Blend	5 lb
Beans, Black, Canned, Drained	18 lb 12 oz
Spice, Cumin, Ground	2 1/2 tbsp
Pepper, Black, Ground	1/4 cup 3 tbsp
Oil, Vegetable, Canola	3 3/4 cup
Water, Tap	1 1/4 cup

Spice, Garlic, Powder	1/4 cup 1 tbsp
<b>Chimichurri Sauce</b>	
Parsley, Raw, Chopped	7 1/2 cup
Cilantro, Leaves, Raw	5 cup
Garlic, Raw, Minced	1/2 cup 2 tbsp
Salt, Table	1 1/4 tsp
Vinegar, Red Wine	1 1/4 cup
Oil, Olive, Salad or Cooking	2 1/2 cup
Pepper, Red or Cayenne	2/3 tbsp
<b>Cilantro Lime Rice</b>	

Rice, Brown, Long Grain, Regular, Dry	7 1/2 lb
Water	6 1/2 qt 3.2 oz
Oil, Vegetable	1/2 cup 1 tbsp 2 tsp
Salt, Kosher	1 1/2 tbsp 2 tsp
Juice, Lime	3 1/2 cups 1 tbsp 2 tsp
Cilantro, Dried	1/3 cup
<b>Assembly</b>	
Cilantro Lime Rice	60 cups

### Instructions

#### Sweet Potato Vegetable Mixture

- Preheat oven to 400°F
- Place diced sweet potatoes, peppers and onions in a bowl. Add oil and black pepper. Toss to combine. Place on parchment lined sheet pan and bake for 20 minutes or until sweet potatoes are crisp and cooked through.
- While potatoes are cooking, combine black beans, water, cumin, and garlic powder in a saucepan. Simmer on low until ready to serve.

#### Chimichurri Sauce

- Combine parsley, cilantro, oil, garlic, red wine vinegar, salt and red pepper flakes in a blender or food processor and blend until smooth.
- Heat to 135°F and hold at 135°F.

#### Cilantro Lime Rice

- Combine rice, water, oil, salt, lime juice, and cilantro into a 2-inch steamtable pan. Stir to combine. Cover tightly. Use two pans.
  - Oven Method: Cook in a 350°F oven for 45-55 minutes.
  - Steamer Method: Cook in a steamer for 30 to 40 minutes.
- Remove from oven or steam and let sit for 10 to 15 minutes.
- Remove cover, fluff rice before serving.

#### Assembly (1 serving)

- Portion 1 cup Cilantro Lime Rice in a 12 or 16 oz bowl.
- Top with:
  - 1/2 cup beans
  - 1/2 cup sweet potato and onion mixture
  - 2 oz chimichurri sauce