

MUSHROOM CHILI

Mushroom chili is a hearty, plant-based twist on the classic chili, packed with savory mushrooms, beans, and a rich, spicy tomato base. Its bold flavors are complemented by a perfect blend of spices, making it a comforting and satisfying dish for any chili lover. The longer this sits - the better it is.

ONE PORTION (¾ CUP) PROVIDES: ½ cup vegetable (¼ red/orange, ¼ other), 2 oz. eq. meat/meat alternate



INGREDIENTS	50 SERVINGS	DIRECTIONS
Oil, vegetable	½ cup	1. Add oil, mushrooms and onions to a tilt skillet. Sauté until mushrooms are cooked.
Mushrooms, fresh, sliced	4 ¼ pounds	
Onions, diced	3 pounds	
Tomato paste, canned, unsalted	5 ounces	2. Combine tomato paste, garlic, chili powder, cumin, oregano, and salt. Mix well. 3. Add seasoned tomato paste mixture to the vegetables and stir to combine.
Garlic, granulated	¼ cup	
Chili powder`	¼ cup	
Cumin, ground	¼ cup	
Oregano	3 tablespoons	
Salt, kosher	2 teaspoons	4. Add the canned tomatoes and stir. Simmer for 10 minutes.
Tomatoes, canned, diced, unsalted	1 # 10 can (102 ounces)	

Black beans, canned, drained, rinsed	3 pounds (drained weight)	5. Add the beans and vegetable stock to the mixture and stir to combine. 6. Bring to a boil and then reduce heat and let simmer for 30 minutes. Preheat oven 400 °F. 7. Divide ingredients into 2 - 6-inch, full size steamtable pans. Place it in the oven. Cook for 1 ½ to 2 hours. Stir occasionally. 8. Garnish each bowl with ½ ounce (2 tablespoons) cheese, a sprinkle of scallions and a teaspoon of chopped cilantro.
Kidney beans, canned, drained, rinsed	3 pounds (drained weight)	
Pinto beans, canned, drained, rinsed	3 pounds (drained weight)	
Vegetable stock, unsalted	5 cups	
Cheese, Cheddar, low sodium, shredded	1 pound 9 ounces	
Cilantro, fresh, roughly chopped	1 cup	
Green onions or scallions, cut on the bias	1 cup	

NUTRITION INFORMATION:

1 serving = .3/4 cup

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	200		Total Carbohydrate	25	(g)
Total Fat	8	(g)	Dietary Fiber	4	(g)
Saturated Fat	3	(g)	Added Sugars	0	(g)
Cholesterol	15	(mg)	Vitamin D	.1	(mcg)
Sodium	230	(mg)	Calcium	180	(mg)
Protein	10	(g)	Iron	2.2	(mg)

NOTES

SOURCE

Chef Samantha Gasbarro, HealthySchoolRecipes.com