

# Garden Chili



## Nutrition Facts

Per serving (175 mL/6 oz)

### Amount Per Serving

**Calories 143**      Calories from Fat 10  
% Daily Value

**Fat 1 g**      **2%**  
Saturated Fat 0 g      1%  
Trans Fat 0 g  
Polyunsaturated Fat 1 g  
Monounsaturated Fat 0 g

**Cholesterol 0 mg**      **0%**

**Sodium 486 mg**      **20%**

**Potassium 588 mg**      **17%**

**Total Carbohydrate 29 g**      **10%**

Dietary Fibre 6 g      25%

Sugars 9 g

**Protein 7 g**

Vitamin A 72%      Vitamin C 22%

Calcium 6%      Iron 15%

Thiamin 12%      Riboflavin 7%

Niacin 9%      Vitamin B6 17%

Folate 22%      Vitamin B12 0%

Phosphorous 13%      Zinc 6%



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## STEP INSTRUCTIONS

- 1 Soak white beans in water overnight. Water should be double the height of the beans. Drain water and rinse on day of production.
- 2 Boil white beans and lentils in water until soft.  
Drain, do not save liquid.
- 3 Add crushed tomatoes, condensed tomato soup, and vinegar.  
Heat until boiling.
- 4 Drain and rinse kidney beans and chickpeas. Add all ingredients from Step 4 in order listed and simmer until vegetables, beans and lentils are tender, approximately 40-50 minutes.
- 5 Combine corn starch with tomato juice and add to Garden Chili.  
Bring to a boil and simmer for 10 minutes or until starch is fully cooked.

### NOTES:

Substitution of fresh vegetables for dehydrated or frozen vegetables may occur. Liquid volume may need to be adjusted.

If freezing choose a thickener with good freezer/thaw stability.

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Re-heat to 74°C (165°F) in steam jacketed kettle or covered insert in steamer.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

### NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	White Beans, Dry	1 ½ cups (280 g)	560 g	1.4 kg	2.8 kg
2	Green Lentils, Whole, Dry	1 ½ cups (280 g)	560 g	1.4 kg	2.8 kg
3	Tomatoes, Canned, Crushed	4 cups (1 L)	2.2 L	5.4 L	11.36 L
	Tomato Soup, Canned	8 cups (2 L)	4 L	10 L	20 L
	White Vinegar	½ cup (120 mL)	230 mL	580 mL	1.16 L
4	Celery, Frozen, Diced	6 ½ cups (750 g)	1.5 kg	4 kg	8 kg
	Carrots, Frozen, Diced	5 cups (500 g)	1 kg	3 kg	7 kg
	Corn, Frozen	3 ⅓ cups (500 g)	1 kg	3 kg	5 kg
	Green Peppers, Frozen, Diced	2 cups (300 g)	600 g	1.5 kg	3 kg
	Red Kidney Beans, Canned	4-19 oz cans (1.1L)	2.2 L	5.68 L	11.36 L
	Chickpeas, Canned	2-19 oz cans (540 mL)	1.1 L	2.84 L	5.68 L
	Onions, Dried	⅔ cup (50 g)	100 g	255 g	510 g
	White Sugar	⅓ cup (70 g)	140 g	350 g	700 g
	Chili Powder	½ cup (60 g)	120 g	305 g	610 g
	Parsley, Dried	¼ cup (5 g)	10 g	25 g	50 g
	Ground Allspice	½ tsp (1 g)	2 g	5 g	10 g
	Ground Black Pepper	1 tsp (2 g)	4 g	10 g	20 g
5	Corn Starch (thickener)	⅔ cup (75 g)	150 g	375 g	750 g
	Tomato Juice, Canned	8 cups (2 L)	4.3 L	11.36 L	21 L

