

Recipe Name: Black Bean and Turkey Chili (meatless)

Recipe Category: Dinner Entree

Portion Size: 1 cup

Ingredients: Yields: 8 servings

Ingredients	Notes:
2 tablespoons olive oil	
1 onion	Washed, peeled and diced
2 tablespoons chili powder	
1 green bell pepper	Washed, trimmed and diced
1 small (4.5 oz.) can diced green chili peppers	
2 teaspoons garlic powder	
1 teaspoon ground cumin	
1 teaspoon ground oregano	
2 lbs. meatless turkey (or beef) crumbles	
2 (1 lbs. 13 oz.) cans of tomato sauce	
2 (14 ounce) cans black beans	
1 (12 oz.) package frozen whole kernel white corn	
2 cups reduced sodium vegan chicken broth (or beef if using beef)	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Heat olive oil in large pot.	
2	Add chopped onions and green pepper to the pot with heated oil.	
3	Cook onions until tender- about 3-4 minutes	
4	Add turkey and cook until turkey is heated.	Turkey (or beef) needs to reach 145 degrees.
5	Add tomatoes, turkey, corn, chili peppers chili powder, garlic, cumin, oregano, (add beef if using beef) broth. Increase heat and bring to boil.	
6	Reduce heat to low and continue to cook for 15 -20 minutes.	
7	Add beans and cook for 10 more minutes.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with broth as needed.

Chopped: Food particle size ¼ inch (~ ½ width of standard fork) Food must be moist. Chop foods with a knife to 1/4” particle size prior to mixing. Moisten with broth as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8-inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve 1 c. serving.

Therapeutic Modified Diets:

Low-fat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Serve 3 oz. turkey patty, ½ c. rice and ½ c. cooked carrots

Liberal House Renal: Use alternate menu item

No Added Salt: No changes needed.

2 Gram Sodium: Substitute fresh tomatoes for canned. Use SF broth or water. Use low sodium meatless crumbles

Gluten Free: Use gluten free broth. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X				X		

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free