


Turkey Pumpkin Chili

 Cooking time: 60 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate, 7/8 cup Vegetables

NSLP: 1 ounce Meat/Meat Alternate, 1/2 cup Beans/Peas, 3/8 cup Additional Vegetables

SFSP: 1 ounce Meat/Meat Alternate, 7/8 cup Vegetables

Ingredients	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1 teaspoon		2 teaspoons
Lean ground turkey (15% fat)	1 pound		2 pounds	
Onion, chopped	4 ounces	2/3 cup	8 ounces	1 1/3 cups
Green pepper, chopped	2.4 ounces	1/2 cup	4.8 ounces	1 cup
Garlic powder		1/2 teaspoon		1 teaspoon
Kidney beans, canned with liquid	15 ounces	1 3/4 cups	1 pound 14 ounces	3 1/2 cups
Great northern beans, canned, with liquid	15 ounces	1 3/4 cups	1 pound 14 ounces	3 1/2 cups
Solid-pack pumpkin	15 ounces	1 3/4 cups	1 pound 14 ounces	3 1/2 cups
Canned crushed tomatoes	15 ounces	1 3/4 cups	1 pound 14 ounces	3 1/2 cups
Low-sodium chicken broth	15 ounces	1 3/4 cups	1 pound 14 ounces	3 1/2 cups
Water		1/2 cup		1 cup
Brown sugar	1 ounce	2 Tablespoons	2 ounces	1/4 cup
Taco seasoning mix	1.25 ounces		2.5 ounces	



Directions

1. Heat a large saucepan or stock pot over medium heat. Add the vegetable oil to coat the bottom of the pan. Add the ground turkey, onion, green pepper and garlic powder. Cook and stir, breaking meat apart until meat is brown and vegetables are tender.
2. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar, and taco seasoning. Bring to a boil. Reduce heat to a simmer. Cover and simmer for 1 hour.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8-ounce ladle or spoodle.

continues

Turkey Pumpkin Chili, continued

Serving	Yield	Volume
1 cup	10 servings, about 5 pounds 9 ounces 20 servings, about 11 pounds 2 ounces	10 servings, about 2 quarts 2 cups 20 servings, about 5 quarts

Nutrients Per Serving					
Calories	197	Sodium	588 mg	Vitamin A	6968 IU
Total Fat	2.2 g	Carbohydrate	28 g	Vitamin C	15 mg
Saturated Fat	0.45 g	Dietary Fiber	7 g	Iron	3 mg
Cholesterol	31 mg	Protein	18 g	Calcium	74 mg