

Hungry Planet® Chili Nacho Pie

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	14.57 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Oil, canola	7 1/2 tbsp	0 lb 3.61 oz	Heat 1/2 of the canola oil in a suitable size pot over medium heat. Add celery, red and green peppers and 1/2 of the fresh garlic. Sauté for 5 minutes.
	Celery, diced	1 1/4 qt	1 lb 1.81 oz	
	Peppers, red bell, chopped	1 1/4 pt	0 lb 13.14 oz	
	Peppers, green bell, chopped	1 1/4 pt	0 lb 13.14 oz	
	Garlic, raw, chopped	~ 1/3 cup	0 lb 1.59 oz	
2	Beans, kidney, all types, mature seeds, canned	~ 2 1/8 qt	4 lb 11.00 oz	Add the red kidney beans and water. Stir in 1/2 of the garlic powder and 1/2 of the chili powder. Bring to a boil and simmer for 10 minutes.
	<i>Drained and rinsed</i>			
	Beverages, water, tap, municipal	2 1/3 qt	4 lb 11.00 oz	
	Spices, garlic powder	5 tbsp	0 lb 1.16 oz	
	Spices, chili powder	10 tbsp	0 lb 2.35 oz	
3	Hungry Planet Beef™		2 lb 8.00 oz	Heat the remaining oil in a hot skillet. Add the Hungry Planet Beef in medium size chunks. Add the onions, the rest of the fresh garlic, and season with salt and pepper. Cook the beef on high heat until brown and onions are translucent, about 7-8 minutes. Add Worcestershire sauce, stir and add to the vegetable pot.
	Onion, diced	1 1/4 qt	1 lb 6.25 oz	
	Salt, kosher, Diamond Crystal	5 tsp	0 lb 0.49 oz	
	Spices, black pepper, ground	2 1/2 tsp	0 lb 0.20 oz	
	Vegan Worcestershire sauce	5 tbsp	0 lb 3.03 oz	

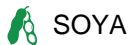
Name of ingredient	Capacity measure	EP	Methods
4 Tomato products, canned, petite dice, without salt	~ 1 1/8 qt	2 lb 5.50 oz	Add the tomatoes and tomato paste, stir to incorporate. Add the rest of the chili powder and garlic powder. Let simmer for 30-40 minutes. Adjust seasoning with salt and pepper.
Tomato paste	~ 1 2/3 cup	0 lb 15.00 oz	

Name of ingredient	Capacity measure	EP	Methods
5 Tortilla chips, Late July Green Mojo, BAG	12.5 ea	4 lb 4.75 oz	Line a baking sheet with parchment paper. Place chips on parchment paper. Portion 1 cup chili on the chips per portion. Each Late Harvest Green Mojo chip bags serve 2 portions.

Name of ingredient	Capacity measure	EP	Methods
6 Vegan cheddar cheese, shredded	~ 2 cup	0 lb 7.41 oz	Top chips and chili with cheese. Place into 400°F oven for 2 minutes to melt cheese.

Name of ingredient	Capacity measure	EP	Methods
7 Tomatoes, chopped	~ 1 cup	0 lb 6.25 oz	Garnish with diced tomatoes, scallions, and cilantro.
Onion, scallion	5 tbsp	0 lb 0.62 oz	
Cilantro	~ 2/3 cup	0 lb 0.35 oz	
Sprigs			

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	25 lb 4.65 oz	10 %	22 lb 12.19 oz	0 %	22 lb 12.19 oz
Size of portion	16.19 oz		14.57 oz		14.57 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	5.88 g	34.73 %	149.82 kcal	Salt	0.57 g	
Saturated	0.66 g	3.87 %	626.86 kJ	Salt	0.57 %	Vitamins
Monounsaturated	2.35 g	13.89 %	0.63 MJ	Sodium	270.72 mg	Vitamin A
Polyunsaturated	2.14 g	12.65 %		Phosphorus	78.32 mg	Vitamin D
Trans	0.02 g	0.10 %		Potassium	282.31 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.39 mg	Riboflavin
Linolenic acid	1.95 g			Calcium	50.49 mg	Niacin
Alpha-linolenic acid	168.56 mg			Zinc	0.51 mg	Vitamin B6
Carbohydrate	20.01 g	54.25 %		Magnesium	28.72 mg	Vitamin B12
Sugars	2.13 g	5.76 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	2.21 µg	Vitamin C
Lactose	0.00 g			Copper	0.11 mg	Vitamin E
Fibre	3.23 g	4.13 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	13.26 g	35.97 %				Water
Protein	5.01 g	13.60 %				62.39 g
Alcohol	0.00 g	0.00 %				