



## 825055 - Cheesy Potato w/Vegetarian Chi

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Alternate Recipe Name: Baked Potato with Chili

Alternate Recipe Name 2: Potato with Veggie Chili

### Components:

Meat/Alt: 2.25 oz

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Starchy

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051372 POTATOES, FRESH, RUSSET (BAKING TYPE), B.....	20 each, 120 ct	Rinse and scrub potatoes under running water. Place potatoes on sheet pan, pierce skin with paring knife, spray with food release, and bake 45-50 minutes or until easily pierced by a fork. <b>CCP: Heat to 135° F or higher.</b>
825025R Seasoning Blend, Southwestern.....	3 Tbsp	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare school made Southwestern Seasoning Blend according to recipe #825025.
011144 CELERY,CKD,BLD,DRND,WO/SALT..... 011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR... 011334 PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT.....	12 OZS (fresh) 9 OZS (fesh, AP) 7 OZS (fresh)	Weigh then rinse celery, zucchini, and peppers under running water. It may be necessary to use a vegetable brush on the zucchini.  Dice celery, zucchini, and peppers into ½ inch pieces.
826864 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM.... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT.....	2 lbs + 8 ozs 1 lb + 4 OZS (frozen)	Drain, rinse, then weigh beans and set aside. Weigh onions and set aside.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.... 826420 Tomatoes, Diced, Red Gold RPKBQ99..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 009153 LEMON JUC FROM CONC,CND OR BTLD.....	2 tsp 2 qts 2 cups 2 Tbsp	Heat oil in large sauté pan, stockpot or kettle over medium to high heat. Add onions and celery and cook for 1 minute. Add school made Southwest Seasoning blend. Mix until onions and celery are evenly coated. Note: Additional Southwest Seasoning Blend may be added if spicier flavor is desired.  Add drained and rinsed beans, zucchini, bell pepper, undrained tomatoes, water and lemon juice. Simmer for 30-40 minutes on low heat; vegetables should be al dente. <b>CCP: Heat to 135° F or higher.</b>

051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	1 lb + 4 ozs	<p>Prior to service, slit the top of each potato creating a boat and transfer to 4 inch full size pans. Place 2/3 cup chili using a no. 6 disher inside each potato boat and top with 1 oz of cheese using a 2 oz spoodle or no. 16 disher.</p> <p>Assemble for just in time service as filled potatoes do not retain high quality when reheated. <b>CCP: Hold for hot service at 135° F or higher.</b></p>
--	--------------	---

\*Nutrients are based upon 1 Portion Size (each)

Calories	318 kcal	Cholesterol	20 mg	Sugars	*3.7* g	Calcium	*81.58* mg	20.92%	Calories from Total Fat
Total Fat	7.39 g	Sodium	486 mg	Protein	15.30 g	Iron	*3.13* mg	12.22%	Calories from Saturated Fat
Saturated Fat	4.31 g	Carbohydrates	51.03 g	Vitamin A	*861.8* IU	Water <sup>1</sup>	*71.30* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.96 g	Vitamin C	*26.8* mg	Ash <sup>1</sup>	*0.38* g	64.25%	Calories from Carbohydrates
								19.26%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.