



**Nutrition Facts**

Serving Size	SERVING (1 CUP; 8 OZ LADLE)	
<b>Amount Per Serving</b>		
<b>Calories</b>	270	
		<b>% Daily Value</b>
<b>Total Fat</b>	9.4g	<b>14%</b>
<b>Saturated Fat</b>	2g	<b>10%</b>
<b>Cholesterol</b>	7mg	<b>2%</b>
<b>Sodium</b>	389mg	<b>16%</b>
<b>Total Carbohydrate</b>	36g	<b>12%</b>
<b>Dietary Fiber</b>	10.9g	<b>44%</b>
<b>Protein</b>	11.9g	<b>24%</b>
Vitamin A	28%	Vitamin C 67%
Calcium	11%	Iron 20%

 **TIP**

Great served as a topping for:

- Baked White or Sweet Potato
- Nachos
- Salad
- Rice
- Cornbread Muffin

*\*\*Components if beans in recipe are counted as vegetable:*

M/MA (oz): 0.00  
 Grain (oz equiv): 0.00  
 Total Vegetable (c): 1.625

Dark Green (c): 0.00  
 Legumes (c): 0.625  
 Starchy (c): 0.00  
 Red/Orange (c): 0.625  
 Other (c): 0.375  
 Additional (c): 0.00

Fruit (c): 0.00  
 Milk (c): 0.00




Total Time  
**30 MIN.**

Serving & Size  
**SERVING (1 CUP; 8 OZ LADLE)**

Difficulty  
**MEDIUM**

Add some heat to your K-12 menu with this vegetarian chili made with a perfect combination of vegetables, beans, spices, and Low Sodium V8® 100% Vegetable Juice.

Yields  
**18**

INGREDIENTS	WEIGHT	MEASURE
vegetable oil	4 oz.	1/2 cups
onion, chopped	16 oz.	4 cups
green pepper, chopped	12 oz.	2 cups
carrot, chopped	8 oz.	1 3/4 cups
chili powder		3 tbsp.
garlic powder		1 tbsp.
cumin, ground		1 tbsp.
 Low Sodium V8® Vegetable Juice		10 cups
red wine vinegar		1/4 cups
low sodium black beans, canned, undrained	48 oz.	5 667/1000 cups
low sodium pinto beans, canned, undrained	48 oz.	5 667/1000 cups
Cheddar cheese, shredded	5 oz.	1 1/8 cups



### INSTRUCTIONS

1. Heat oil in saucepot. Add onion, pepper, carrots, garlic, chili powder and cumin. Cook until vegetables are tender.

2. Add Low Sodium V8® Vegetable Juice. Heat to a boil. Cover. Cook over low heat for 5 minutes.

3. Add un-drained beans. Heat through.

CCP: Heat until internal temperature is 165°F or higher for 15 seconds.

4. To serve, using an 8 oz. ladle, portion 1 cup into bowl. Top with 1 tablespoon (1/4 oz.) cheese. Serve immediately.

CCP: Hold at 140°F or higher.

\*Child Nutrition Contribution Table indicates beans counted as meat/meat alternate.

\*\*See tip section for beans counting as vegetable component.