

Chili “Con Soya” with Beans

	25 Servings		50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Soy crumbles (frozen)	3.5 lb		7 lb		14 lb		1. Thaw crumbles and gently reheat with oil. Continue immediately.
Vegetable oil		3 Tbsp		6 Tbsp		12 Tbsp	
Whole tomatoes, with liquid	29 oz			1 # 10 can	.	2 # 10 cans	2. Puree tomatoes with their liquid until smooth consistency.
Chili Seasonings packet mix	5.25 oz		11 oz.		22 oz		3. Add seasonings
Water		1 cup		2 cup		4 cup	4. Add water. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Canned Pinto or kidney beans, drained	60 oz.			120 oz.		240 oz.	5. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155 degrees F or higher for 15 seconds.
Cheddar cheese, shredded (optional)	12 oz	3 1/2 cups	1 lb 8 oz	1 3/4 qt	3 lb	3 1/2 qt	6. Pour into serving pans. Portion with 4-oz ladle (3/4 cup). Garnish with cheese (optional).

This recipe was tested in several schools in Illinois as part of the ISoy study. It was as well received as the original recipe made using ground beef instead of soy. Feel free to use this recipe or to adapt your school’s favorite chili recipe to use soy instead of meat. Using 100% soy makes this a vegetarian option.

Calories, fat, and cholesterol are reduced in this soy chili compared to making the same recipe with meat, while protein remains high in both:

Chili “Con Soya” with Beans – 179 calories, 18 grams protein, 3 grams fat (14% of calories), 0.2 grams saturated fat, 20 grams carbohydrate, 0 milligrams cholesterol

Chili with Meat and Beans – 262 calories, 15 grams protein, 15 grams fat (54% of calories), 5.1 grams saturated fat, 14 grams carbohydrate, 45 milligrams cholesterol



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Meat/Soy Spaghetti

	25 Servings		50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Soy/raw ground beef Blend (50:50)*	5 lb		10 lb		20 lb		1. Brown soy/ground beef mixture, taking care not to scorch. Drain. Add garlic powder. Cook for 5 minutes.
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		3/4 tsp		1 1/2 tsp		1 Tbsp	2. Add pepper, oregano, dry sauce mix, and spaghetti sauce. Simmer about 1 hour.
Oregano, ground		1 Tbsp 2 1/2 tsp		3 Tbsp 2 tsp		1/4 cup + 3 Tbsp + 1 tsp	
Spaghetti Sauce Dry Mix	3/4 oz		1 1/2 oz		3 oz		3. Heat water to rolling boil. Add salt.
Spaghetti Sauce, meatless		1 # 10 can		2 # 10 cans		4 # 10 cans	
Water		1 1/2 gal		3 gal		6 gal	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. 5. Stir into sauce. 6. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher. 7. Portion 3/4 cup per serving.
Salt		1/2 Tbsp		1 Tbsp		2 Tbsp	
Spaghetti, broken into thirds	2 lb		4 lb		8 lb		

Yield: Soy blend version made 16 cups sauce versus 14 cups sauce in the original 25 serving version

*Consult your distributor about obtaining this from a co-processor of commodity foods.



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This recipe was tested in several schools in Illinois as part of the ISoy study. It was as well received as the original recipe made using only ground beef. Feel free to use this recipe or to adapt your school's favorite spaghetti recipe to use a meat/soy blend.

Calories, fat, and cholesterol are reduced in this meat/soy spaghetti compared to making the same recipe with only meat, while protein remains high in both:
Spaghetti & Meat/Soy Sauce – 282 calories, 20 grams protein, 12 grams fat (40% of calories), 3.9 grams saturated fat, 22 grams carbohydrate, 33 milligrams cholesterol
Spaghetti & Meat Sauce – 360 calories, 19 grams protein, 21 grams fat (54% of calories), 7.4 grams saturated fat, 22 grams carbohydrate, 64 milligrams cholesterol