



825270 - Chili and Cheese Baked Potato

Source: K12 Culinary

Number of Portions: 160

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable: 0.75 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Starchy

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
023575 BEEF,GROUND,80% LN MEAT / 20% FAT,CRUMBL.... 011284 ONIONS,DEHYDRATED FLAKES..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	20 LBS (raw) 4 ozs 1 1/2 cups	Thaw ground beef on bottom shelf in refrigerator. Combine dehydrated onions and water. Store in the refrigerator overnight. CCP: Hold at 41° F or lower.
051372 POTATOES, FRESH, RUSSET (BAKING TYPE), B.....	160 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. CCP: Hold at 135° F or higher.
002009 CHILI POWDER..... 799903 GARLIC,GRANULATED..... 900670 CUMIN,GROUND..... 002030 PEPPER,BLACK.....	1 3/4 cups 1/4 cup 2 Tbsp 1 TBSP (ground)	In kettle or skillet, cook ground beef on medium heat with about 1 gallon of water until fully cooked. While cooking, crumble beef into fine pieces. CCP: Cook to a minimum internal temperature at or above 155°F. Turn off heat and drain fat and excess liquid. Place liquid in refrigerator to harden fat. Discard fat in garbage and pour liquid down the drain. Drain and rinse beans. Set aside. Turn skillet or kettle to medium low heat. Add rehydrated onions, chili powder, cumin, garlic, and black pepper to beef. Mix well to coat beef with seasonings.
826510 Base, Beef, Low NA, Custom Culinary 0336..... 826862 BEANS, CANNED, KIDNEY, LOW-SODIUM..... 825314 Tomatoes, Crushed, Red Gold 72940-81400..... 826420 Tomatoes, Diced, Red Gold RPKBQ99..... 825315 Tomato Paste, Red Gold 72940-82300..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1/2 CUP (AP) 2 #10 can, drained 1 can, #10 1 can, #10 1 1/4 cups 3 qts	Add beans, crushed tomatoes, diced tomatoes, tomato paste, beef base, and water. Cook on low for 10 to 12 minutes until thickened. Transfer maximum of 3 gallons to each 4 inch full size pan.

		CCP: Heat to 165° F or higher. CCP: Hold at 135° F or higher.
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	5 lbs	For service: Top one baked potato with no. 10 disher of chili and ½ oz of cheese using 1 oz spoodle. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (each)

Calories	339 kcal	Cholesterol	43 mg	Sugars	*2.0* g	Calcium	*54.07* mg	27.00%	Calories from Total Fat
Total Fat	10.17 g	Sodium	304 mg	Protein	19.86 g	Iron	*3.73* mg	12.14%	Calories from Saturated Fat
Saturated Fat	4.57 g	Carbohydrates	43.77 g	Vitamin A	*622.6* IU	Water ¹	*40.50* g	*0.74%*	Calories from Trans Fat
Trans Fat ²	*0.28* g	Dietary Fiber	5.30 g	Vitamin C	*15.1* mg	Ash ¹	*0.66* g	51.66%	Calories from Carbohydrates
								23.45%	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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.