



825269 - Chili

Source: K12 Culinary

Number of Portions: 117

Size of Portion: 2/3 cup

Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

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.
002009 CHILI POWDER..... 799903 GARLIC,GRANULATED..... 900670 CUMIN,GROUND..... 002030 PEPPER,BLACK..... 602177 BEEF BASE, PASTE, 12/1 LB JARS, MAJOR.....	1 3/4 cups 1/4 cup 2 Tbsp 1 TBSP (ground) 1/3 cup + 2 TSP (AP)	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.
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.....	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.
		Hold hot for service. Portion with no. 6 scoop. Offer with crackers, tortilla chips, or other grain as instructed by the menu planner.

*Nutrients are based upon 1 Portion Size (2/3 cup)

Calories	200 kcal	Cholesterol	46 mg	Sugars	*2.4* g	Calcium	40.50 mg	41.76%	Calories from Total Fat
Total Fat	9.29 g	Sodium	430 mg	Protein	17.01 g	Iron	2.88 mg	15.34%	Calories from Saturated Fat
Saturated Fat	3.41 g	Carbohydrates	11.71 g	Vitamin A	847.8 IU	Water ¹	*55.38* g	*1.72%*	Calories from Trans Fat
Trans Fat ²	*0.38* g	Dietary Fiber	3.83 g	Vitamin C	6.0 mg	Ash ¹	*0.90* g	23.39%	Calories from Carbohydrates
								33.97%	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 values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.