

Chili

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 218

Ingredients	100 – 6 oz Servings Or (75 – 8 oz Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20, raw Dehydrated Onion Flakes Chili Powder Cumin Ground Garlic Powder Tomato Puree Pinto Beans, canned, drained Tomato Juice Red or Cayenne Pepper (optional) Water	13 lb + 4 oz 5 oz	1 cup + 2 Tbsp 2½ Tbsp 1½ Tbsp 2 qt + ½ cup 5½ #10 cans 3 qt + ¼ cup 2 Tbsp As needed			<ol style="list-style-type: none"> 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 2. Drain beans. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 19 - 20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates. CCP: Heat to 160°F or higher for at least 15 seconds. CCP: Hold hot for service at 135° F or above. <p>Notes:</p> <ul style="list-style-type: none"> ▪ For less sodium, choose a “fancy” or very-low sodium chili powder. ▪ Older students may like the chili more spicy and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste. ▪ May use 1.33 lbs of fresh onions per 100 servings in place of dried onions. ▪ May use minced garlic in place of garlic powder. ▪ 1-cup servings may be counted as 2 M/M + 7/8 cup vegetable if beans are counted as a vegetable. ▪ May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product.

Chili, continued

Serving Size	1 Serving Provides	Yield
K-8: 6 oz spoodle (3/4 cup)	K-8: 1.5 oz M/MA +0.8 cup vegetable (0.51 cup legume + 0.29 cup red/orange) *Beans counted as vegetable	100 servings: 6 oz spoodle
9-12: 8 oz spoodle (1 cup)	9-12: 2 oz M/MA + 1.07 cups vegetable (0.68 cup legumes + 0.39 cup red/orange) *Beans counted as vegetable	75 servings: 8 oz spoodle
		Approximately 19 quarts

Nutrients Per 6 oz Serving

Calories	231	Vitamin A	677.3 IU	Iron	3.84 mg
Protein	19.14 gm	Vitamin C	9.1 mg	Calcium	75.85 mg
Carbohydrate	20.34 gm	Fiber	4.34 gm	Cholesterol	39.58 mg
Fat	8.36 gm	% Fat	32.57 %	Sodium	737.5 mg
Saturated Fat	3.06 gm	% Saturated Fat	11.93 %		