

Chili con Carne with Beans

Servings:	300.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chili con Carne with Beans

Nutrition Information

Calories	132.62	Protein	9.01g
Fat	7.01g	SaturatedFat	3.46g
Trans Fat	0.00g	Cholesterol	25.74mg
Carbohydrates	8.87g	Fiber	1.95g
Sugar	2.65g	Sodium	373.23mg
Iron	1.83mg	Vitamin C	6.23mg
Vitamin A	752.03IU	Calcium	133.39mg

Ingredients

12 Pound BEEF GRND 85/15 FREE FALL 2-10 GFS
6 Pound ONION SPANISH COLOSS 50# MARKON
9 99/100 Tablespoon SPICE GARLIC POWDER 21Z TRDE
3 99/100 Tablespoon SPICE PEPR BLK (30 MESH) REG GRIND 5#
2 1/4 Cup SPICE CHILI POWDER MILD 16Z TRDE
3/4 Cup SPICE PAPRIKA 16Z TRDE
3 Cup SPICE CUMIN GRND 15Z TRDE
3 99/100 Tablespoon SALT IODIZED 24-26Z GFS
4 44/83 Quart TOMATO PASTE CALIF 26% 6-10 GFS
10 9/17 Quart TOMATO DCD I/JCE MW 6-10 GFS
3 16/41 Gallon 24-PURIFIED WATER CUSTOM .5 LTR TWIST
5 15/19 Quart BEAN PINTO 6-10 GFS
9 Quart CHEESE BLND MEX 4-CHS SHRD 4-5 GFS

Preparation Instructions

Directions:

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.

Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, and water. Stir well.

Bring to a boil uncovered over medium-high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.

Add beans. Simmer uncovered for 10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with cheese (optional).

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

8: OR

9: Legume as Vegetable: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

11: Legume as Meat Alternate: 2 oz meat/meat alternate and 3/8 cup vegetable.

12: OR

13: Legume as Vegetable: 2 oz meat/meat alternate and 3/8 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes.

Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry pinto beans = about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.