

HOMEMADE CHILI WITH CHEESE for baked potato



Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28582
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND	1 1/2 Pound		110520
ONION DCD IQF	1 Fluid Ounce		261521
SPICE GARLIC POWDER	1 Teaspoon		224839
SAUCE TOMATO	1 1/2 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHILI	1/4 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	313025
SPICE OREGANO WHL	1 Teaspoon		518351
SPICE CHILI POWDER MILD	1 Teaspoon		331473
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732

Preparation Instructions

In a skillet brown ground beef, onion and garlic powder. Add remaining ingredients. Bring to a boil, then reduce heat and simmer for 5 minutes. Serve over baked potatoes. 1/3 cup of sauce. Sprinkle the potatoes with cheddar cheese after topping with chili

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	209.17		
Fat	13.43g		
SaturatedFat	4.48g		
Trans Fat	2.24g		
Cholesterol	58.21mg		
Sodium	666.09mg		
Carbohydrates	5.14g		
Fiber	0.77g		
Sugar	3.07g		
Protein	16.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available