

# 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	
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