

BEEF AND BACON CHILI WITH CORN BREAD MUFFIN



Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28739
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON L/O 18-22CT CC FZ	50 Slice		247685
ONION DCD IQF	1 1/4 Cup		261521
SPICE GARLIC POWDER	2 1/2 Teaspoon		224839
BEEF GRND	10 Pound		110520
SPICE CHILI POWDER MILD	5 Fluid Ounce		331473
SPICE CUMIN GRND	2 Fluid Ounce 1/2 Teaspoon (12 1/2 Teaspoon)		273945
SPICE PAPRIKA SMOKED	1 Tablespoon 1 1 Teaspoon (5 Teaspoon)		860430
SPICE PEPR RED CAYENNE GRND	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		225088
TOMATO DCD PETITE	4 Pound 6 Ounce (70 Ounce)		498871
SAUCE TOMATO	3 Pound 12 Ounce (60 Ounce)		306347
SAUCE WORCESTERSHIRE	1 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (10 Teaspoon)		109843
BEAN CHILI MEX STYLE	6 Pound 9 Ounce (105 Ounce)		192015

Description	Measurement	PrepInstructions	DistPart#
JUICE TOMATO 100	3 Quart		732790
MUFFIN CORN BULK	50 Each		819521

Preparation Instructions

Cook bacon with onion until bacon is crispy; drain. Set aside. Cook ground beef until no longer pink; drain. Add bacon and onion along with the rest of the ingredients. Bring to a boil; reduce heat and simmer for up to 2 hours.

Meal Components (SLE)

Amount Per Serving	
Meat	2.960
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.467
OtherVeg	0.014
Legumes	0.263
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		530.77	
Fat		27.96g	
SaturatedFat		7.57g	
Trans Fat*		1.91g	
Cholesterol		102.17mg	
Sodium		971.14mg	
Carbohydrates		44.84g	
Fiber		3.60g	
Sugar		17.91g	
Protein		24.98g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.93mg	Iron	2.69mg

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

Nutrition - Per 100g

Calories		234.03	
Fat		12.33g	
SaturatedFat		3.34g	
Trans Fat*		0.84g	
Cholesterol		45.05mg	
Sodium		428.20mg	
Carbohydrates		19.77g	
Fiber		1.59g	
Sugar		7.90g	
Protein		11.02g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.22mg	Iron	1.19mg

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