

Chili

Recipe Meat

Recipe Category Main dish

Recipe #

Ingredients	48serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef	8 lb				<ol style="list-style-type: none"> 1. Brown ground beef. Remove with slotted spoon and set aside 2. Saute onion until translucent. Add cumin, chili powder, paprika, garlic powder, onion powder, and black pepper to onions. Cook 1 minute, stirring constantly. 3. Add tomato paste to onion spice mixture. Cook 2 minutes, stirring constantly. Add tomato puree, low sodium beef broth, salt, oregano and bay leaf. Stir well. Return browned ground beef to mixture. Cover and simmer over low heat for 40 minutes, stirring occasionally. 4. Remove bay leaf. 5. Drain pinto beans. If beans are not low sodium, rinse beans under cold water. Add drained pinto beans and return to simmer for 15 minutes. 5. CCP: Heat to 165° F or higher. 8. CCP: Hold for hot service at 135° F or warmer.
Onion, chopped, ¼-inch	2.5 lb				
Chili powder		¾ c			
Ground cumin		⅔ cup			
Paprika		5 Tbsp 1 tsp			
Onion powder		5 Tbsp 1 tsp			
Garlic powder		6 Tbsp			
Black or white pepper		1 Tbsp 1 tsp			
Canned tomato paste	12 oz	12 oz			
Tomato puree	86 oz				
Low sodium beef broth		1 gal 2 cup			
Bay leaf	4				
Oregano		1 Tbsp 1 tsp			
Salt		2 tsp			
Low sodium canned pinto beans	120 oz (undrained weight)				

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Notes:

Nutrient information in progress.

Serving:

1-2 years:

3-5 years:

6-18 years:

Nutrients Per Serving

Calories
Protein
Carbohydrate
Total Fat

Saturated Fat
Cholesterol
Vitamin A
Vitamin C

Iron
Calcium
Sodium
Dietary Fiber