



This school made lower sodium chili pairs well with a reduced sugar cinnamon muffin.

Recipe Name	Chili with Meat and Beans	Total Yield	9 Quarts	Prep Time	15 Minutes
Cooking Process	#2 Same Day Service	Servings	72	Cook Time	75 Minutes
Menu Type	Meat Meat Alternate	Portion Size	1/2 c servings	Crediting	1.25 MMA, 1/4 c RO

INGREDIENTS	WEIGHTS	MEASURE	DIRECTIONS
Beef, Ground 80% lean, includes USDA	7 lbs.		1. Place ground beef in a large stock pot. Heat over high heat uncovered for approximately 10 minutes. Stir often until meat is well done and starting to crumble. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 2. Remove meat from heat. Drain beef in colander and return to heat. 3. Add diced onions and bell peppers. Heat over medium for at least 5 minutes. 4. Add in school-made chili powder, black pepper, and salt. Mix until well combined. Continue to cook for 5 minutes. 5. Add the tomatoes in juice, tomato paste, and water. Stir well. 6. Bring to a boil, then reduce the heat and cover. Simmer for 40 minutes, until the sauce has thickened. Add in the kidney beans and continue to simmer for 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 7. Pour into steam table pans for serving on the steam table. Hold for hot service at 135 °F or higher. 8. Portion with No. 8 scoop (½ cup)
White Onion, Diced	14 oz.		
Bell Pepper, Green, Diced	14 oz.		
School Made Chili Powder		1/2 cup + 2 Tbsp	
Black Pepper		2 tsp	
Salt		1 Tbsp	
Tomatoes, Canned, Diced, in Juice	3 lbs. + 3 oz		
Water		9 cups	
Tomato Paste	1 lb. + 12 oz		
Kidney Beans, Dark, Drained and rinsed	3 lbs. + 6oz		
Note: 50 - 6 ounce Servings = 2.0 oz MMA + 1/4c RO + 1/8c Other			

NUTRITION FACTS: Calories - 154 kcal | Total Fat - 7.5 g | Saturated Fat - 2.8 g | Cholesterol - 39 mg | Sodium - 208 mg | Carbohydrates - 7 g | Fiber - 2 g | Total Sugar - 0 g | Added Sugar - 0 g | Protein - 14 g

This project was funded using U.S. Department of Agriculture grant funds.
This institution is an equal opportunity provider.

