

CHEESY BREADSTICK WITH CHILI

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup of chili and
1 breadstick

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|---|----------------------------|
| Bread Mozzarella Cheese Stick, WGR, #1101 | 100 breadsticks |
| Beef, Gound, 80/20, #1001 | 17 pounds + 8 ounces |
| Onions, Frozen, Diced, #1610 | 3 cups |
| Peppers, Green, Diced, Frozen, #1613 | 1 quart + 1/2 cup |
| Cumin Seed, Ground, #2706 | 1 tablespoon |
| Spice Blend MS, Southwest, No Salt, #2735 | 1 cup |
| Chili Powder, #2703 | 1/2 cup |
| Sauce, Tomato, #10 Can, #2826 | 2 quarts + 1 3/4 cups |
| Water, Municipal, Mississippi | 2 quarts + 2 cups |
| Tomatoes, Crushed, #10 Can, #2827 | 2 quarts + 1 3/4 cups |

DIRECTIONS

- Bake the breadsticks according to the package and/or case directions.
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- Cover the breadsticks and hold them in the warmer until service.
CCP: Cover and hold for service at 135 degrees F or higher.
- Brown the ground meat and then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue cooking it.
- Add the onions and the peppers and sauté them until they are tender.
- Mix in the cumin, Southwest Spice Blend, and chili powder and continue to it cook for 5 minutes.
- Stir in the tomato sauce, water, and crushed tomatoes.
Then bring it to a boil.
- Reduce the heat to a simmer, and cook for 30-40 minutes, until the mixture is thickened.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Cover the chili and place it in the warmer until service.
CCP: Cover and hold for service at 135 degrees F or higher.
- Portion ½ cup of chili with a 4-ounce ladle or 4-ounce spoodle and serve with 1 breadstick. Each portion provides 3 oz. eq. of meat/meat alternate and 1 o.z. eq. whole grain.
Variation: Chili with Beans (MRS 130) may also be used. If the recipe is altered, the nutrient analysis and meal pattern components must be recalculated.
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

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PRODUCTION NOTES

Use USDA Foods products when available.

"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

MISCELLANEOUS NOTES

Variation: use with Chili con Carne with Beans, MRS130. If you use MRS 130, it will require a new nutritional analysis.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|---------|-----------|-----------|-----------|--------|
| Calories | 307 | Dietary Fiber | 2.11 g | Sodium | 478.00 mg | Sat. Fat | 6.49 g |
| Carbohydrates | 18.90 g | Protein | 17.89 g | Total Fat | 18.01 g | Trans Fat | 0.00 g |