

# CHILI CON CARNE WITH BEANS

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 cup

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE) :  
VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Gound, 80/20, #1001	14 pounds
Onions, Frozen, Diced, #1610	3 1/2 cups
Peppers, Green, Diced, Frozen, #1613	1 quart + 1 cup
Spice Blend MS, Southwest, No Salt, #2735	1 cup
Cumin Seed, Ground, #2706	2 tablespoons
Chili Powder, #2703	1/2 cup
Sauce, Tomato, #10 Can, #2826	1 #10 can
Water, Municipal, Mississippi	2 quarts
Tomatoes, Crushed, #10 Can, #2827	1 #10 can
Beans, Kidney, #10 Canned, Low Sodium, #2802	1 #10 can

**DIRECTIONS**

1. Brown the ground meat and then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue cooking it.
2. Add the onions and the peppers and sauté them until they are tender.
3. Mix in the cumin, Southwest Spice Blend, and chili powder and continue to it cook for 5 minutes.
4. Stir in the tomato sauce, water and crushed tomatoes, then bring the mixture to a boil.
5. Reduce the heat to a simmer and cover the mixture.  
Simmer slowly, stirring occasionally, for 30-40 minutes, until the mixture is thickened.
6. Stir in the canned beans. Then cover it again and simmer for about 10 more minutes, or until the desired temperature is reached.

CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

7. Transfer the chili to serving pans. Serve it immediately, or cover and place in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.
8. Portion 1 cup of chili using 8 ounce ladle per serving. Each portion provides 2 oz. eq. of meat/meat alternate, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.

CCP: Hold and maintain the product at a minimum 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 within an additional 2 hours.

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**PRODUCTION NOTES**

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

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

**SERVING NOTES**

SOUP AND SANDWICH COMBO: May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich.

The nutrition analysis for this recipe does not include any of these sandwiches.

**NUTRIENTS PER SERVING**

Calories	159	Dietary Fiber	2.66 g	Sodium	264.00 mg	Sat. Fat	3.62 g
Carbohydrates	8.06 g	Protein	10.15 g	Total Fat	9.79 g	Trans Fat	0.00 g

# CHILI CON CARNE WITH BEANS

## ILLUSTRATED STEPS FOR PREPARATION OF CHILI CON CARNE WITH BEANS

1.



Browning the ground beef

2.



Adding the beans to mixture

3.



Chili con Carne with Beans ready for service

4.



1 serving of Chili con Carne with Beans