

CHILI CON CARNE WITHOUT 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:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service



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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #1001	17 pounds + 8 ounces
Onions, Frozen, Diced, #1610	3 1/2 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

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 and 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.
6. Transfer chili to steamtable 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.
CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.
7. Portion ½ cup of chili using 4 ounce ladle per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup 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	167	Dietary Fiber	1.10 g	Sodium	208.42 mg	Sat. Fat	4.49 g
Carbohydrates	3.87 g	Protein	10.89 g	Total Fat	12.01 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF CHILI CON CARNE WITHOUT BEANS

1.



Browning the ground beef.

2.



Cooking the onions and peppers with the ground beef

3.



Chili Con Carne without Beans ready for service

4.



1 serving of Chili Con Carne without Beans