

# CHILI CON CARNE WITH BEANS USDA

SERVINGS: 50

CALORIES: 180 KCAL

This warm and delicious chili is full of ground beef, pinto beans, and cheddar cheese. This is the perfect dish to warm you up during a chilly day of school.

## INGREDIENTS

- 7 pounds Raw ground beef (no more than 20% fat)
- 14 ounces Fresh onions, chopped or 2½ ounces dehydrated onions
- 1.5 tablespoons Granulated garlic (1 tablespoon, 1½ teaspoon)
- 8 ounces Fresh green peppers, chopped (optional)
- 2 teaspoons Ground black or white pepper
- 3 tablespoons Chili powder
- 1 tablespoon Paprika
- 1 tablespoon Onion powder
- 1 ounce Ground cumin
- 3.188 pounds Canned diced tomatoes, with juice (3 pounds, 3 ounces)
- 2.25 quarts Water (2 quarts, 1 cup)
- 1.75 pounds Canned tomato paste (1 pound, 12 ounces)
- 3.375 pounds Canned pinto or kidney beans, drained (3 pounds, 6 ounces), OR 2 pounds 4 ounces dry pinto or kidney beans, cooked
- 1.5 pounds Reduced fat Cheddar cheese, shredded (optional) (1 pound, 8 ounces)

## INSTRUCTIONS

1. Brown ground beef. Drain. Continue immediately.
2. Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.
3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
4. Stir in beans. Cover and simmer. Stir occasionally.
5. Pour into serving pans.
6. Portion with 4 oz ladle (1/2 cup). Garnish with cheese (optional).

## RECIPE NOTES

CCP: Heat to 155° F or higher for 15 seconds.

OR

If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Variation:

A. Chili con Carne without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.

Special Tip:

#### SOAKING BEANS

Overnight method: Add 1  $\frac{3}{4}$  qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1  $\frac{3}{4}$  qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### COOKING BEANS

Once the beans have been soaked, add  $\frac{1}{2}$  tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Or, chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2  $\frac{3}{8}$  cups dry or 5  $\frac{1}{4}$  cups cooked beans.

**Crediting:  $\frac{1}{2}$  cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and  $\frac{3}{8}$  cup of vegetable.**

### **NUTRITION FACTS PER SERVING (0.5CUP)**

Calories: 180 kcal | Fat: 8.58 g | Saturated fat: 3.57 g | Cholesterol: 42 mg | Sodium: 204 mg | Carbohydrates: 10.68 g | Fiber: 2.5 g | Protein: 15.44 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient*