

Chili con Carne with Beans

Meat/Meat Alternate-Vegetable

Main Dishes

D-20

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	7 lb		14 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ¼ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	2. Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
*Fresh green pepper, chopped (optional)	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chili powder		3 Tbsp		¼ cup 2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Ground cumin	1 oz	¼ cup	2 oz	½ cup	
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	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.
Water		2 qt 1 cup		1 gal 2 cups	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Canned pinto or kidney beans, drained OR *Dry pinto or kidney beans, cooked (see Special Tip)	3 lb 6 oz OR 2 lb 4 oz	1 qt 3 ½ cups (½ No. 10 can) OR 1 qt 2 cups	6 lb 12 oz OR 4 lb 8 oz	3 qt 3 cups (1 No. 10 can) OR 3 qt	4. Stir in beans. Cover and simmer. Stir occasionally. 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.
					5. Pour into serving pans.
					6. CCP: Hold for hot service at 135° F or higher.
					Portion with 4 oz ladle (¼ cup).
Reduced fat Cheddar cheese, shredded (optional)	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	7. Garnish with cheese (optional).

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Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Green peppers	11 oz	1 lb 6 oz
Dry pinto beans, dry	1 lb OR	2 lb
Dry kidney beans	1 lb	2 lb

SERVING:

½ cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

YIELD:

50 Servings: about 16 lb 4 oz

100 Servings: about 32 lb 8 oz

VOLUME:

50 Servings: about 1 gallons 2 ¼ quarts

100 Servings: about 3 gallons 2 cups

Tested 2004

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ 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 ¾ 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 ½ 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 ¾ cups dry or 5 ¼ cups cooked beans.

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.

100 servings: In step 1, use 17 lb 4 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 -7.

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1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Nutrients Per Serving					
Calories	180	Saturated Fat	3.57 g	Iron	2.71 mg
Protein	15.44 g	Cholesterol	42 mg	Calcium	46 mg
Carbohydrate	10.68 g	Vitamin A	813 IU	Sodium	204 mg
Total Fat	8.58 g	Vitamin C	14.5 mg	Dietary Fiber	2.5 g