

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	3 lb 8 oz		7 lb		1. Brown ground beef. Drain off fat.
Dehydrated onions OR		1/4 cup		1 1/2 tsp	2. Add onions, garlic powder, green pepper (optional), black pepper, and seasonings. Cook for 5 minutes.
*Onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups	
Garlic powder		2 1/4 tsp		1 Tbsp	1 1/2 tsp
*Fresh green pepper, chopped (optional)	4 oz	3/4 cup	8 oz	1 1/2 cups	
Black pepper		1 tsp		2 tsp	
Seasonings: Chili powder		1 Tbsp		1 1/2 tsp	3 Tbsp
Paprika		1 1/2 tsp			1 Tbsp
Onion powder		1 1/2 tsp			1 Tbsp
Ground cumin		1 Tbsp			2 Tbsp
Canned tomatoes, with liquid, chopped	1 lb 10 oz	3 cups	3 lb 3 oz	1 qt 2 cups	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		1 qt 1/2 cup		2 qt 1 cup	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	3 cups	
Canned pinto or kidney beans, drained OR	1 lb 11 oz	3 cups	3 lb 6 oz	1 qt 2 cups	4. Stir in beans. Cover and simmer about 10 minutes or until hot (165 degrees F). CCP Heat to 155 degrees F or higher for 15 seconds.
*Cooked dry pinto or kidney beans (see preparation note)	1 lb	2 3/4 cups	2 lb 1 oz	1 qt 1 1/2 cups	
					5. Pour into serving pans or bowls. CCP Hold for hot service at 140 degrees F or higher.
Cheddar cheese, shredded (optional)	12 oz	3 1/2 cups	1 lb 8 oz	1 qt 3 cups	6. Portion with 4-oz ladle (1/2 cup). Garnish with cheese (optional).
*See Marketing Guide					

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Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	9 oz	1 lb 2 oz
Green peppers	5 oz	10 1/4 oz
Pinto or kidney bean, dry	7 oz	14 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (4-oz ladle) provides 2 oz of cooked lean meat and 3/8 cup of vegetable	25 Servings: 3 qt (approximately)	25 Servings:
	50 Servings: 1 gal 2 qt (approximately)	50 Servings:

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 qt of water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt (optional) for every lb of dry beans. Boil gently with lid tilted until beans are tender, about 2 hours.

Use hot beans immediately,
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F or lower within an additional 4 hours.

1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

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Nutrients Per Serving

Calories	177	Saturated Fat	3.4 g	Iron	2.7 mg
Protein	14 g	Cholesterol	39 mg	Calcium	45 mg
Carbohydrate	11 g	Vitamin A	81 RE/814 IU	Sodium	228 mg
Total Fat	8.9 g	Vitamin C	13 mg	Dietary Fiber	2 g