

**CHILI CON CARNE (WITH BEANS)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
222 cal	29 g	16 g	5 g	13 mg	866 mg	66 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CHILI CON CARNE,CANNED,NO BEANS  
 BEANS,KIDNEY,DARK RED,CANNED,DRAINED  
 CHILI POWDER,DARK,GROUND

**Weight**

4-1/4 lbs  
 4 lbs  
 27 lbs  
 18-3/4 lbs  
 1/2 oz

**Measure**

3 qts  
 3 qts  
 3 gal  
 3 gal  
 2 tbsp

**Issue**

4-2/3 lbs  
 4-3/4 lbs

**Method**

- 1 Cook onions and peppers until onions are transparent in steam jacketed kettle or stock pot.
- 2 Remove excess solid fat from surface of chili con carne cans. Add chili con carne, beans and chili powder to onions and peppers.
- 3 Cover; bring to a boil; reduce heat; uncover; simmer 10 to 15 minutes or until thoroughly heated stirring frequently. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.