

CHILI CONQUISTADOR (GROUND BEEF)

Yield 100

Portion 8-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 462 cal | 45 g | 29 g | 18 g | 86 mg | 908 mg | 74 mg |

Ingredient

| <u>Ingredient</u> | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|-----------------------------------|----------------------|-----------------------|---------------------|
| RICE, LONG GRAIN | 2-1/8 lbs | 1 qts 1-1/4 cup | |
| WATER, COLD | 5-3/4 lbs | 2 qts 3 cup | |
| SALT | 1/2 oz | 3/8 tsp | |
| BEEF, GROUND, BULK, RAW, 90% LEAN | 24 lbs | | |
| TOMATOES, CANNED, DICED, DRAINED | 19-7/8 lbs | 2 gal 1 qts | |
| ONIONS, FRESH, CHOPPED | 2-1/8 lbs | 1 qts 2 cup | 2-1/3 lbs |
| CHILI POWDER, DARK, GROUND | 5-5/8 oz | 1-3/8 cup | |
| SALT | 1-7/8 oz | 3 tbsp | |
| GARLIC POWDER | 1/3 oz | 1 tbsp | |
| PEPPER, RED, GROUND | <1/16th oz | 1/8 tsp | |
| CORN BREAD MIX | 9 lbs | 1 gal 2-2/3 qts | |

Method

- 1 Combine rice, water, and salt. Bring to a boil; stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. Do not stir.
- 3 Cook beef until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Add tomatoes, onions, chili powder, salt, garlic powder and red pepper to meat mixture; stir until blended; heat to simmer.
- 5 Combine rice with chili mixture; mix well. Place 5-3/4 quarts mixture in each pan.
- 6 Prepare corn bread mix according to instructions on container.
- 7 Spread 1-3/4 quarts corn bread batter over chili mixture in each pan.
- 8 Using a convection oven, bake 30 minutes at 375 F. on high fan, open vent or until corn bread is golden brown and done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 9 Cut 5 by 5. CCP: Hold at 140 F. or higher for service.