

CHILI CON CARNE

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
286 cal	30 g	24 g	9 g	50 mg	912 mg	76 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,GROUND,BULK,RAW,90% LEAN	14 lbs		
CHILI POWDER,DARK,GROUND	8-1/2 oz	2 cup	
CUMIN,GROUND	1-2/3 oz	1/2 cup	
PAPRIKA,GROUND	2 oz	1/2 cup	
SALT	1-7/8 oz	3 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER,RED,GROUND	3/8 oz	2 tbsp	
BEANS,KIDNEY,DARK RED,CANNED,INCL LIQUIDS	33-7/8 lbs	3 gal 3 qts	
RESERVED LIQUID	8-1/3 lbs	1 gal	
WATER	8-1/3 lbs	1 gal	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
TOMATO PASTE,CANNED	2 lbs	3-1/2 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs

Method

- 1 Place beef in steam-jacketed kettle; cook in its own juice until it loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Combine chili powder, cumin, paprika, salt, garlic powder and red pepper. Stir into cooked beef.
- 3 Drain beans; reserve beans for use in Step 4. Combine bean liquid with hot water to make 2 gallons; reserve for use in Step 4.
- 4 Add beans, tomatoes, tomato paste, and onions to cooked beef; stir well. Add reserved bean liquid and hot water to the beef mixture; stir. Bring to a boil; cover; reduce heat; simmer 1 hour. DO NOT BOIL. Stir occasionally. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 In Step 3, 10 pounds dry, kidney, pinto or white, beans may be used; pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover with 6 gallons water; boil 2 minutes, turn off heat. Cover; let soak 1 hour. Bring beans to a boil; add 1-2/3 ounces or 2-2/3 tablespoons salt. Cover; simmer 1-1/2 hours or until tender. If necessary, add more water to keep beans covered. Drain beans; reserve beans for use in Step 4. Combine bean liquid with hot water to make 2 gallon; reserve for use in Step 4.