

Grandma Zona's Chili Main Dish

Source: School Nutrition Plus, Inc.

Serving Size 1 cup

Ingredients

100 Portions

	Measure
Oil, canola	1 ½ cup + ½ tbsp
Yellow Onions, raw	5 lbs + 9 oz (chopped)
Sweet Green Peppers, raw	5 lbs + 9 oz (chopped)
Garlic, raw, peeled	3 ½ oz
Ground Beef, 80/20, raw, to cook & drain	5 lbs + 9 oz (raw wgt, yield included)
Table Salt	3 tbsp + 2 ⅛ tsp
Black Pepper	3 tbsp + 2 1⅛ tsp (ground)
Canned Tomatoes, diced	10 lbs + 7 oz
Chili Beans	19 lbs + 2 oz
Canned Kidney Beans, low-sodium	9 lbs + 9 oz
Tomato Juice	8 lbs + 6 oz
Canned California Tomato Paste, 25% light	2 lbs + 12 ½ oz
Ground Cumin	¾ cup + 1 ⅜ tsp
Chili Powder	¾ cup + 1 ⅜ tsp

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Peel, wash and rinse the onions.

Wash the bell peppers and place them in the same colander. Over a cutting board with a sharpened chef knife, remove the tops and seeds from the bell peppers and dice the bell pepper into 1" cubes and place them in a large bowl. Now, on the same cutting board, dice the onions into ½" squares, and place them with the bell peppers in the large bowl.

On the same cutting board, mince the peeled garlic cloves and place them in a small bowl.

Set one of the stove top burners to medium heat. Place a large stock over the burner and allow the pan to get hot. Once hot, add the oil and then add the diced bell peppers, onions and minced garlic.

Saute the vegetables for about 15-20 minutes or until the onions are translucent and the bell peppers are tender.

Add the ground beef, salt and pepper to the stock pot. Cook the ground beef thoroughly making sure the internal temperature reaches 155° F. Drain if needed.

Once ground beef is cooked and drained (if needed), add the diced tomatoes, chili beans, drained kidney beans, tomato juice, tomato paste, ground cumin and chili powder. Mix all ingredients well.

Lower the heat on the burner and simmer the chili uncovered for 30 minutes. Adjust the seasoning if needed.

Hold at 135° F or higher.

Components

Meat/Meat ALT 2 oz eq

Vegetable .5 cup

Nutrients Per Serving

Calories 240.972 kcal

Total Fat 7.497 g

Saturated Fat 1.593 g

Cholesterol 18.834 mg

Carbohydrate 31.356 g

Dietary Fiber 9.771 g

Sugars 4.462 g

Protein 14.410 g

Sodium 871.728 mg

Iron 3.487 mg

Calcium 80.461 mg

Vitamin A 1092.154 IU

Vitamin C 41.677 mg

Water 92.265 g

Ash N/A

BEANS: Simply Delicious, Naturally Nutritious

Find more delicious bean recipes at BeanInstitute.com

