

Chili

Ingredients	12 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (90% lean)	1 lb		6 lb 12 oz		1. Heat a large skillet over medium heat. Break the ground beef up, add it to the skillet, and cook, stirring as needed to cook evenly and break up clumps, until well-browned, about 10 minutes. Transfer the cooked beef to a wire-mesh sieve and drain for 10 minutes to remove excess fat. (Leave enough fat in the pan to coat it.) 2. Return the skillet to the heat while the beef drains. Add the onions and garlic and cook, stirring frequently, until the onions are a light golden color, 3 to 4 minutes. Add the chili powder, cumin, paprika, onion powder, and pepper. Stir to combine evenly.
Onions, yellow, chopped	1 1/2 oz	1/4 cup	5 oz	1 cup	
Garlic, minced	1/4 oz	1 tbsp	1 oz	1/4 cup	
Chili powder		1 tsp		1 tbsp	
Cumin, ground		1 1/2 tsp		5 1/2 tsp	
Paprika, mild		1/2 tsp		1 1/2 tsp	
Onion powder		1/2 tsp		1 1/2 tsp	
Black pepper, ground		1/2 tsp		2 tsp	
Tomato paste	3 1/3 oz	1/3 cup	14 oz	1 1/2 cups	3. Add the tomato paste and cook, stirring frequently, until the tomato paste turns a deep red, about 2 minutes. <i>(recipe continues on next page)</i>



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(continued)

Pinto or kidney beans , canned, rinsed and drained before measuring	12 oz	2 cups	3 1/4 lb	1 qt 3 1/2 cups	4. Add the drained beef, beans, zucchini, peppers, and tomatoes (including their juices). Stir well and bring to a simmer. Continue to simmer until the chile has a good flavor and consistency, about 20 minutes.
Zucchini, grated	8 oz	1 cup (packed)	2 lb	1 qt (packed)	
Green bell pepper, fresh or frozen and thawed, chopped	5 oz	1 cup	20 oz	4 cups	
Tomatoes, canned, diced, drained	12 oz	1 1/2 cups	3 lb	1 qt 2 cups	
Cheddar cheese, reduced fat, shredded	6 oz	1 1/2 cups	12 1/2 oz	3 1/8 cups	
					5. Serve with a No.8 scoop or 4-oz ladle. Top with 2 tablespoons cheese per serving.

Recipe Notes:

Serve on a bed of whole grain elbow macaroni or spaghetti or steamed brown rice. Top each portion with 1 tablespoon of shredded cheddar cheese (reduced fat).

Serving Notes:

One 1/2 cup serving provides 2 oz meat/meat alternate.

Serve using a 4-oz scoop. Serve on a bed of whole-grain elbow macaroni or spaghetti or steamed brown rice.

	12 Servings	50 servings
Total Weight:	3 lb 12 oz	
Total Volume	6 cups	
Serving Size (weight):	5 oz	
Serving Size (volume):	1/2 cup	



Nutrients Per Serving					
Calories	117	Saturated Fat	2 g	Iron	2 mg
Protein	10 g	Cholesterol	25 mg	Calcium	30 mg
Carbohydrate	8 g	Vitamin A-RE	36 mcg	Sodium	125 mg
Total Fat	50g	Vitamin C	15 mg	Dietary Fiber	2 g

