

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 8 oz		7 lb		1. Brown ground beef. Drain. Continue immediately. 2. Add onions, granulated garlic, green pepper (optional), black pepper, chili powder, paprika, onion powder, and cumin. Cook for 5 minutes. 3. Stir in tomatoes, water, and tomato paste. Mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes. 4. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 165° F or higher. OR If using previously cooked and chilled beans: CCP: Heat to 165° F or higher. 5. Pour into serving pans or bowls. 6. CCP: Hold for hot service at 140° F or warmer. Portion with 4 oz ladle (½ cup). Garnish with cheese (optional).
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb OR 3 oz	2 ⅔ cups OR 1 ½ cups	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	4 oz	¾ cup	8 oz	1 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Canned diced tomatoes, with juice	1 lb 9 ½ oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt ½ cup		2 qt 1 cup	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅔ No. 2-½ can plus 2 ½ Tbsp)	
Canned pinto or kidney beans, drained stock reserved OR *Cooked dry pinto or kidney beans, drained (see preparation note)	1 lb 11 oz OR 1 lb ½ oz	3 cups OR 2 ¾ cups	3 lb 6 oz OR 2 lb 1 oz	1 qt 2 cups OR 1 qt 1 ½ cups	
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 ½ cups	1 lb 8 oz	1 qt 3 cups	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	9 oz	1 lb 2 oz
Green peppers	5 oz	10 oz
Pinto beans, dry OR	9 oz OR	1 lb 2 oz OR
Kidney beans, dry	7 oz	14 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides 2 oz of cooked lean meat and ⅔ cup of vegetable.	25 Servings: 8 lb 4 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 17 lb	50 Servings: 1 ½ gallons 1 cup
	Tested 2004	

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ⅔ cups dry or 5 ¼ cups cooked pinto beans.
1 lb dry kidney beans=about 2 ½ cups dry or 6 ¼ cups cooked pinto beans.

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Nutrients Per Serving

Calories	179	Saturated Fat	3.56 g	Iron	2.50 mg
Protein	15.40 g	Cholesterol	42 mg	Calcium	43 mg
Carbohydrate	10.64 g	Vitamin A	809 IU	Sodium	204 mg
Total Fat	8.51 g	Vitamin C	14.5 mg	Dietary Fiber	2.4 g