



Chili with Fresh Beef and Kidney Beans

SERVES 16

Ingredients

- Ground Beef, fresh, 85/15 (.75lb)
- Kidney Beans, dried (1 lb or 2.5 cups)
or canned, drained, and rinsed (6 ¼ cups or 4.5, 15.5 oz cans)
- Yellow onion, whole (2.7 oz or 1/2 cup)
- Garlic, whole (1 oz or 3-5 cloves)
- Diced tomatoes, canned, undrained (4 lbs 4 oz or 8 cups)
- Tomato paste (1 tbsp)
- Salt (1/2 tbsp)
- Black pepper (1/2 tsp)
- Olive oil (2 tbsp)
- Cumin (1/2 tbsp)
- Chili powder (1 tbsp)

Pre-Prep

In a large stockpot, tilt skillet, or Steam Jacketed Kettle, add dried kidney beans and cover with double the amount of water to fill 2 inches above the beans. Bring to a boil, reduce heat to a simmer and cook until kidney beans are softened. Will take 1.5-2 hours. Note-this can also be done in a steamer. Steamer: Add beans to hotel pan, cover with water and steam uncovered a few hours.

Prep

Dice onion and mince garlic. In a skillet over medium high heat add oil. Add onion and garlic and saute until translucent and fragrant. Add ground beef to the onion/garlic mixture and season with salt and pepper. Brown ground beef until cooked through (*CCP: Heat to 155 °F or higher for at least 15 seconds*). Add kidney beans and diced tomatoes (undrained) to the beef mixture. Cook briefly, stirring to combine flavors. Add tomato paste, cumin and chili powder. Simmer chili for a few hours until flavors have combined (*CCP: Hot hold at 135 °F or higher*). Serve over brown rice or with dinner roll or cornbread.

Notes:

Serving equals 1 cup or 6oz weight
Total yield: 6 lb or 4 qts (using dried beans)

Crediting:

Meat/Meat Alternate=2.0 oz eq.
Vegetables= ½ cup red/orange
Calories = 193
Saturated Fat= 1 g
Sodium = 391 mg



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