



Chili with Fresh Beef and Kidney Beans

Ingredients

- Ground Beef, fresh, 85/15 (1.5lb)
- Kidney Beans, dried (2 lb or 5 cups) **or** canned, drained, and rinsed (1.25 #10 cans or 12 cups)
- Yellow onion, whole (5.4 oz or 1 cup)
- Garlic, whole (2 oz or 1/2 cup)
- Diced tomatoes, canned, undrained (8 lbs 8 oz or 16 1/8 cups)
- Tomato paste (2 tbsp)
- Salt (1 tbsp)
- Black pepper (1 tsp)
- Olive oil (2 oz or 4 1/4 tbsp)
- Cumin (1 tbsp)
- Chili powder (2 tbsp)

SERVES 32

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.

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.

Notes:

Serving equals 1 cup or 6oz weight
Total yield: 12 lb or 8 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