



Chili Con Carne With Beans USDA Recipe for CACFP

Chili Con Carne With Beans is ground turkey– and ground beef–based chili with vegetables, pinto beans, and spices, topped with cheese.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides 1.75 oz equivalent meat/meat alternate and ¼ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground turkey, raw (no more than 15% fat)	3 lb	1 qt 2 cups	6 lb	3 qt	1 Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes. Stir often until meat is well done.
Ground beef, raw (no more than 15% fat)	1 lb	2 cup	2 lb	1 qt	
					2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					3 Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.
*Onions, fresh, diced	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	4 Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2½ tsp		1 Tbsp 2 tsp	
*Green bell peppers, fresh, diced	4 oz	¾ cup	8 oz	1½ cups	
Black or white pepper, ground		1 tsp		2 tsp	
Chili powder		3 Tbsp		¼ cup 2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Cumin, ground		¼ cup	2 oz	½ cup	
Salt		1 tsp		2 tsp	
Ancho chili powder		3 Tbsp		¼ cup 2 Tbsp	
OR					
Mexican seasoning mix (see Notes)		3 Tbsp		¼ cup 2 Tbsp	
No-salt-added tomato paste, canned	14 oz	1½ cups (⅛ No. 10 can)	1 lb 12 oz	3 cups (¼ No. 10 can)	5 Add tomato paste, diced tomatoes, and water. Stir well.
No-salt-added, tomatoes, diced, canned, undrained	1 lb 13 oz	3½ cups (about ¼ No. 10 can)	3 lb 10 oz	1 qt 3 cups (about ½ No. 10 can)	
Water		1 qt ½ cup		2 qt 1 cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Bring to a boil uncovered over medium–high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.
Pinto beans, low-sodium, canned, drained, rinsed, coarsely chopped	14 oz	1¾ cups 2 Tbsp 2¼ tsp (about ¼ No. 10 can)	1 lb 12 oz	3¾ cups 1 Tbsp 1½ tsp (about ½ No. 10 can)	7 Add beans. Simmer uncovered for 10 minutes.
OR Pinto beans, dry, cooked (see Notes)	14 oz	1¾ cups 2 Tbsp 2¼ tsp	1 lb 12 oz	3¾ cups 1 Tbsp 1½ tsp	
					8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					9 Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					10 Critical Control Point: Hold for hot service at 140 °F or higher.
(Optional) Cheddar cheese, reduced-fat, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	11 Garnish with cheese (optional).
					12 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For 1/2 (No. 8 scoop) cup.

NUTRIENTS **AMOUNT**
Calories **107**

Total Fat	2 g
Saturated Fat	1 g
Cholesterol	27 mg
Sodium	294 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	0 IU
Calcium	38 mg
Iron	2 mg
Potassium	216 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

YIELD/VOLUME

25 Servings	50 Servings
About 8 lb 9 oz	About 17 lb 2 oz
About 1 gal 1 1/8 cups/ 1 steam table pan (12" x 20" x 2 1/2")	About 2 gal 2 1/4 cups/ 2 steam table pans (12" x 20" x 2 1/2")

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Green bell peppers	5 oz	10 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

Mexican Seasoning Mix 3/4 Cup (About 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 3/4 qt water for every 1 lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point:

Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point:

Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.

