



RECIPE NAME: Beef Chili

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: ½ cup	
Serving Utensil: 4 fl. oz ladle	
Servings per Pan:	

Recipe Adapted From:

*On Wisconsin!
Menus*



Ingredients	Weight	Measure	Procedure
Onions, Dehydrated Garlic, Dehydrated Peppers, Sweet, Green, Raw, Chopped Beef Crumbles (Advanced Pierre Tyson WI Pro C418) Pepper, White, Ground Chili Powder Paprika Onion Powder Cumin, Ground Tomatoes, Canned, Diced, Not Drained Water Tomato Paste, Canned, Without Added Salt Beans, Canned, Kidney, Low-Sodium	1 lb 15 lb	3 Tbsp 3 ¼ cups 3 ¼ cups 1 Tbsp + 1 tsp ¼ cup + 2 Tbsp 2 Tbsp 2 Tbsp ½ cup 1 #10 can 1 gal + 2 cup ½ #10 can 1 #10 can, drained	<ol style="list-style-type: none"> 1. Add beef crumbles, dehydrated onion, garlic, green pepper, white pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes. 2. Stir in tomatoes, water, and tomato paste; mix well. Bring to a boil, reduce heat, cover, and simmer stirring occasionally until thickened, about 40 minutes. 3. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155°F or higher for at least 15 seconds. 4. Pour into serving pans. CCP: Hold for hot service at 135°F or higher. <p>Crediting: 2.0 oz eq. M/MA, ¼ c. R/O, ⅛ c. <u>additional vegetable*</u></p>
Total Yield: 100 servings	Number of Pans:		
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/MeatAlternate	2.0 oz eq.					
VegetableSubgroups <u>total</u> : 3/8 cup*	DG	B/P	R/O	S	O	
			¼ c.			
Fruits						
Grains						
Calories:	170					
Saturated Fat (g):	2.56 g					
Sodium (mg):	282.77 mg					




Home / Learning Support / Nutrition / Healthy Eating & Nutrition Education

Recipe for White Bean Chili with Chicken

Warm and fragrant chili recipe with chicken and white northern beans developed by the California Culinary Centers for school food service menu planning.



For more recipes visit the [CA Culinary Centers Standardized Recipes web page](#). Share your results with us on Twitter [@CDENutrition](#) .

40 Servings

80 Servings

Recipe Information

Yields 80 Servings

This recipe yields 80—¾ cup or one 6 ounce ladle servings of white bean chili with chicken.

Ingredients

Ingredients list includes measure by **weight** or volume. Choose one measure, either **weight** or volume, for the ingredient. **Weight** is listed first in bold.

10 pounds frozen, fully-cooked chicken, diced (U.S. Department of Agriculture [USDA] food item)

3 pounds and 4 ounces fresh, whole, yellow onions (USDA food item)

3 gallons and ¾ cup or 5 number 10 cans white great northern beans canned (USDA food item)

- ½ cup vegetable oil (USDA food item)
- 1 quart and 2½ cups low sodium chicken broth
- ½ cup chili powder
- 2 tablespoons cumin seeds
- 2 tablespoons Italian seasoning
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1 quart and 2 cups reduced-fat sour cream

Directions

To Prepare in Advance

1. Thaw chicken one to two days in advance in refrigerator. Critical Control Point (CCP): Thaw chicken in refrigerator at 41°F or lower.

To Prepare Chili

2. Trim, peel, and coarsely chop onions to measure 1 quart and 2½ cups.
3. Drain and rinse beans in large colander.
4. Heat oil over medium heat in a steam-jacket kettle or 22 quart pot.
5. Add onions and sauté until translucent.
6. Add chicken to sautéed onions and stir chicken and onions to combine.
7. Add chicken broth, beans, chili powder, cumin seeds, Italian seasoning, garlic powder, and salt, and mix well.
8. Bring to boil and cover. Reduce heat and simmer 15 minutes. Stir occasionally. CCP: Cook chili to internal temperature of 165°F or higher for 15 seconds.

To Prepare for Service

9. Remove from heat and add sour cream.
10. Portion in ¾ cup or 6 ounce ladle. CCP: Hold chili for service at or above internal temperature of 135°F or higher.

Nutritional Analysis

- Calories, in K calories: 276
- Carbohydrates, in grams: 28
- Protein, in grams: 17
- Saturated fat, in grams: 2.5
- Trans fat, in grams: 0
- Total fat, in grams: 7
- Sodium, in milligrams: 296

Recipe Options

The CA Culinary Centers have calculated and tested the yields for this standardized recipe. You may choose to vary the spices in the recipe to meet the taste preferences of your students. For example, using a 1.5 to 2 ratio for spices when doubling the recipe yield from 50 to 100. However, changing or substituting any other ingredients may result in a different yield, meal contribution, or dietary specification, and should be considered a different recipe. To learn more about how to standardize your recipe visit the [CA Culinary Centers Standardized Recipes web page Resources tab](#).

Questions: Nutrition Services Division | 800-952-5609

Last Reviewed: Tuesday, December 8, 2020

This institution is an equal opportunity provider.
Esta institución es un proveedor que ofrece igualdad de oportunidades.

CHICKEN AND SAUSAGE GUMBO OVER RICE

MEAL COMPONENT CONTRIBUTION:

2¼ oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, 3/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 6 ounces of gumbo & ½ cup of rice

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Flour, All Purpose, Enriched, #2011	3 1/2 cup(s)
Rice, Long Grain,Brown, Parboiled, #2139	3 pound(s)
Water, Hot, Municipal	2 quart(s) + 2 cup(s)
Salt, Table, #2219	2 teaspoon(s)
Oil, Vegetable, #2507	3/4 cup(s)
Onions, Frozen, Diced, #1610	3 1/2 cup(s)
Celery, Fresh, Diced, #4005	3 1/2 cup(s)
Peppers, Green, Diced, Frozen, #1613	3 1/2 cup(s)
Okra, Cut, #1609	1 pound(s) + 4 ounce(s)
Garlic Powder, #2709	1/4 cup(s)
Thyme, Dried, #2732	2 tablespoon(s)
Spice Blend MS, Creole, No Salt, #2736	1/4 cup(s)
Salt, Table, #2219	2 teaspoon(s)
Broth, Chicken, Low Sodium, #2510	3 quart(s) + 2 1/2 cup(s)
Chicken, Diced, Cooked, IQF, #1019	6 pound(s)
Sausage, Sliced, Pork and Beef, #1062	2 pound(s)
Sauce, Worcestershire, Bulk, #2258	1/3 cup(s) + 2 teaspoon(s)
Tomatoes, Diced, #10 Can, #2828	1 #10 can(s)

DIRECTIONS

- TO MAKE ROUX:
 - Oven Method - Brown flour in oven on a cookie sheet (ungreased) at 400 degrees F for 15-12 minutes or until flour is a peanut butter color. Stir occasionally and watch closely because it browns quickly. (See variation for making roux in Notes section.)
- TO MAKE RICE:
 - Place brown rice in a steamtable pan. Add hot water to each pan.
 - Add salt to each pan and mix until well combined.
 - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed, add more water.
 - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

CHICKEN AND SAUSAGE GUMBO OVER RICE

DIRECTIONS

3. Heat oil in a tilt skillet or steam-jacketed kettle over medium heat.
4. Add onion, celery, green pepper, okra, and garlic powder and sauté 5 minutes or until vegetables are tender.
5. Sprinkle roux (browned in step 1), thyme, Creole Spice Blend and salt over sautéed vegetables mixture. Cook 1 minute, stirring constantly until mixture thickens.
6. Add chicken broth slowly to sautéed vegetable mixture. Add next 4 ingredients (through tomatoes). Bring to a boil. Cover, reduce heat, and simmer 15 minutes.
7. Pour chicken and sausage gumbo in half-size steamtable pan (12" x 10" x 4"). For 50 servings, use 2 steamtable pans.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

8. Portion rice with 4 ounce spoodle or #8 scoop (½ cup). Serve gumbo with a 6 ounce ladle (¾ cup) over rice. Each portion of gumbo and rice provides 2¼ oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable and 3/8 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Variation for Making Roux: Braising Pan/Tilting Skillet Method- Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making gumbo.

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for soups.

If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41 degrees F) and fully cook before adding to recipe. Use the USDA FNS Food Buying Guide for School Meal Programs to calculate amount of raw chicken to use.

NUTRIENTS PER SERVING

Calories	314	Dietary Fiber	2.45 g	Sodium	796.57 mg	Sat. Fat	2.79 g
Carbohydrates	34.37 g	Protein	19.15 g	Total Fat	11.00 g	Trans Fat	0.00 g

CHICKEN AND SAUSAGE GUMBO OVER RICE

ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN AND SAUSAGE GUMBO OVER RICE

1.



Flour that has been cooked to a "peanut butter" color on a sheet pan in the oven.

2.



Adding tomatoes to gumbo

3.



Chicken and Sausage Gumbo over Rice in a tilt skillet

4.



1 serving of Chicken and Sausage Gumbo over Rice

Potato Soup with Diced Ham

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Taste of Kansas 1
(submitted in 2000 by USD 312 Haven)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine Celery, fresh, chopped	2 lbs. 2 lbs.				1. Melt margarine. Add celery and cook over medium heat for 5-10 minutes or until celery is tender
Dehydrated onions		1 cup			2. Reduce heat to low and add onions to the margarine and celery. (Be careful not to burn the onions)
Water Dry milk, nonfat		2 gals. 2 qt.+ 1⅓ cup			3. In a separate bowl, combine water and dry milk. 4. Add the milk mixture to the margarine mixture.
Potatoes, canned, diced, drained Bacon Bits Ham, diced (½")	10 lbs.	4 #10 cans 2 cups			5. Add the potatoes, bacon bits, and ham and continue to cook over low heat until heated through (15-25 minutes). Do not boil; over cooking may cause curdling.
Salt Pepper, black Instant mashed potato flakes		2 tsp. 1 tsp. 1 cup + 2 Tbsp.			6. Add salt and pepper. Add instant mashed potatoes to thicken.
Cheddar Cheese, shredded	4 lbs.				7. Top with shredded cheese.

Potato Soup with Diced Ham, continued

Serving Size	1 Serving Provides	Yield
1 cup	1.95 M/MA + 0.52 F/V	100 servings

Nutrients Per Serving

Calories	330	Iron	1.51 mg	Protein	15.46 g	Protein%	18.73%
Cholesterol	46 mg	Calcium	224 mg	Carbohydrate	19.42 g	Carbohydrate%	23.52%
Sodium	1146 mg	Vitamin A	697 IU	Total Fat	20.61 g	Total Fat%	56.19%
Dietary Fiber	2.15 g	Vitamin A	169 RE	Saturated Fat	8.00 g	Saturated Fat%	21.81%
		Vitamin C	5.97 mg	Trans Fat	1.35* g	Trans Fat%	3.68%

*- Denotes missing nutrient values