

Scratch Made Beef & Bean Chili



Serving Size 8 oz (266 gm)	
Amount Per Serving	
Calories	292.066
	% Daily Value*
Total Fat 14.612 gm	22.479 %
Saturated Fat 4.865 gm	24.327 %
Trans Fat 2.430 gm	
Cholesterol 63.179 mg	21.06 %
Sodium 209.162 mg	8.715 %
Total Carbohydrate 19.608 gm	6.536 %
Dietary Fiber 4.449 gm	17.797 %
Total Sugars 4.814 gm	
Includes 0.000* of Added Sugars	
Protein 20.378 gm	40.755 %
Vitamin A 474.937* IU	9.499 %
Vitamin C 7.563* mg	12.605 %
Vitamin D 0.000* mg	
Calcium 58.007* mg	5.801 %
Iron 1.588* mg	8.823 %
Potassium 349.433* mg	7.435 %
Saturated Fat % of Calories	14.993%

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

Component Contribution: 2oz meat/meat alternate

Special thanks to Ohio County School District in Kentucky for sharing their delicious recipe!

Makes 25 (1 Cup) Servings

Ingredients		Instructions
3 lb + 12 oz Ground Beef, Raw, 85/15	1.5 tsp Onion Powder	1. Brown beef in a tilt skillet. Rinse and drain. 2. Add onions and spices. Cook for 5 minutes. 3. Stir in water, salsa, tomato paste, and crushed tomatoes. 4. Add drained beans and stir. CCP: Heat to 165° F or higher for at least 15 seconds 5. Bring chili down to a simmer and allow to cook for 45 minutes. <i>Pro-tip:</i> Offer toppings such as shredded cheese, diced onions, and sour cream to allow students to customize their chili.
1 lb + 10 oz Salsa, Mild, Canned	1 tsp Ground Black Pepper	
13 oz Tomato Paste, Canned		
1 lb + 11 oz Crushed Tomatoes, Canned		
1 lb + 12 oz Pinto Beans, Canned		
2 Qt Water		
1 Cup Dehydrated Onions		
2 Tbsp + 1 tsp Chili Powder		
1.5 tsp Ground Cumin		

For more information, contact us at info@proteamadvisors.com | (844) 662-3767 ext. 101

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