



Food Fitness First, Inc.

CHILI

7

- 2 lbs. Ground Beef (Round or Sirloin)
- 1 - 28 oz. Can of Whole Tomatoes
- 1 - 15 oz. Can of Dark Red Kidney Beans
- 1 - 15 oz. Can of Black Beans
- 1 - 15 oz. Can of Whole Kernel Corn
- 1 Medium Yellow or Sweet Onion
- 1/2 Medium Red Onion
- 1 Green Bell Pepper
- 2-4 Garlic Cloves (to taste)
- 4 tbsp of Chili Powder
- 1/2 tsp Salt (to taste)
- 3 tbsp of Worcestershire Sauce
- Pickled Jalapeno Slices (to taste)
- 2 tbsp Olive Oil

1. Chop Onions (red and yellow separately) and Bell Pepper. Mince Garlic.
2. Rinse and Drain Beans.
3. Drain Corn.
4. In a large dutch oven or pot (around 5 quarts), saute yellow onion and garlic. Reserve.
5. Brown ground beef and drain. Add reserved onion and garlic.
6. Add whole tomatoes, chili powder, worcestershire sauce. Simmer until tomatoes separate when stirred (around 90 minutes).
7. Add Corn, Beans, Bell Pepper, Red Onion, Jalapeno Slices. Simmer 45 minutes to an hour adjusting salt to taste. Done when Bell Pepper is still firm but has not lost its color.
8. Serve with crackers, cheese, additional jalapenos, or over rice.



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DIETARY INFORMATION

Utensils/Serving Size: Spoodle/1/2 cup/# 8 Scoop
Cooking Time: 45 Minutes
Day/M meal: Sunday/Supper



Recipe Changes:

Low Sodium:	<i>Leave out salt, tomatoes, sauce, follow menus. NAS may have-follow menus.</i>
Bland:	<i>Do not serve- use a Hamburger or follow menus.</i>
Low Fat:	<i>Leave our olive oil, follow menus.</i>
Diabetic:	<i>May serve follow menus and calorie levels. Follow menus.</i>
Renal/Liver:	<i>Do not serve- use a Hamburger or follow menus.</i>
Pureed:	<i>May serve-change consistency to Pureed. Add 2 T. + 1 1/2 t. for each 10 servings. May need more thickener depending on the liquid content.</i>

Critical Control Points:

ch.= chopped

Serve at 140 degrees F or higher, refrigerate when cool. Discard after 2 days. Always Label, Date, and Cover. Discard after 2 days. Cool quickly within 3-4 hours and refrigerate to 41°F. Reheat to 165°F- use once and discard if not used. Wash hands before preparation. Wash and sanitize work surfaces. 20 seconds-handwashing.

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