

Quest Food Management

001417 - chili w/turkey mac : ebh	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 1/2 cup	Meat/Alt: 2 oz Grains: 0.75 oz Fruit: Vegetable: 0.75 cup Milk:	

Ingredients	Measures	Instructions
990062 turkey ground..... 011282 ONIONS,RAW..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 002009 CHILI POWDER..... 002028 PAPRIKA..... 002026 ONION POWDER..... 799902 CUMIN,GROUND..... 011531 TOMATOES,RED,RIPE,CND,WHL,REG PK... 014429 WATER,MUNICIPAL..... 902672 TOMATO PASTE,CND,HTD..... 902798 bean chili hot brooks gfs 785024..... 902972 bean great northern gfs 119075..... 990095 cheese cheddar shredded gfs 776831..... 903407 pasta 51% wg rotini gfs 229951.....	10 lbs 14 OZS (chopped) 1 1/2 Tbsp 2 tsp 3 cups 1 Tbsp 1 Tbsp 1 oz 1 #10 Can 2 qts + 1 cup 1/4 # 10 Can 1 #10 can 1 #10 can 1 lb + 8 ozs 1 1/4 GALS (cooked)	1. Brown ground turkey Drain. Continue immediately. 2. Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes. 3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes. 4. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155° F or higher for 15 seconds. OR If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15seconds. 5. Pour into serving pans. 6. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (1/2 cup). 7. Garnish with cheese (optional).

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Recipe Sizing Report

		Food as Purchased															
		<table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> <tr> <td>Green peppers</td> <td style="text-align: center;">11 oz</td> <td style="text-align: center;">1 lb 6 oz</td> </tr> <tr> <td>Dry pinto beans, dry</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> <tr> <td>Dry kidney beans</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> </table>		50 Servings	100 Servings	Mature onions	1 lb	2 lb	Green peppers	11 oz	1 lb 6 oz	Dry pinto beans, dry	1 lb	2 lb	Dry kidney beans	1 lb	2 lb
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		Special Tip															
		<p>SOAKING BEANS <i>Overnight method:</i> Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe. <i>Quick-soak method:</i> 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.</p> <p>COOKING BEANS Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.</p> <p>CCP: Hold for hot service at 135°F.</p> <p>Or, chill for later use.</p> <p>CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours. 1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans. 1 lb dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.</p>															
		Variation															
		<p>Chili con Carne without Beans 50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7. 100 servings: In step 1, use 17 lb 4 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.</p>															
		Serving															
		<p>1/2 cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and 1/2 cup of vegetable.</p>															

*Nutrients are based upon 1 Portion Size (1 1/2 cup)

Calories	389 kcal	Cholesterol	74 mg	Protein	26.77 g	Calcium	177.55 mg	44.44%	Calories from Total Fat
Total Fat	19.19 g	Sodium	532 mg	Vitamin A	483.5 RE	Iron	4.77 mg	15.31%	Calories from Saturated Fat
Saturated Fat	6.61 g	Carbohydrates	30.67 g	Vitamin A	2811.9 IU	Water ¹	*116.65* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	8.21 g	Vitamin C	15.7 mg	Ash ¹	*1.50* g	31.56%	Calories from Carbohydrates

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	27.56% Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values	