

# RED GOLD® Taco Chili

<b>Recipe:</b>	R-1685	<b>HACCP Process:</b>	Same Day Service		
<b># of Servings:</b>	100.00	<b>Serving Size:</b>	1 Cup	<b>Source:</b>	RED GOLD®
<b>Grams Per Serving:</b>	286.925	<b>Ounces Per Serving:</b>	10.12	<b>Meal Components:</b>	1.5 oz. eq. meat/meat alternative, 5/8 cup red/orange vegetable, ¼ cup legume, ¼ cup starchy vegetable

Ingredients	Measurements	Directions
USDA Beef Crumble, Material #100134	10 LB + 8 OZ	1. 2 Days Prior To Day of Service: Pre Prep: Pull beef crumbles from freezer. Open case and place bags on sheet pan. Place beef crumbles on lowest shelf in cooler to thaw. Wash hands thoroughly <b>CCP: Hold below 41°F</b>
<b>RED GOLD® Nutritionally Enhanced Chunky Salsa</b>	4 #10 CAN	2. Remaining Ingredients:
USDA Sweet Corn, L/S, Material #100313, 2.60 - #10 cans	1 GALLON + 2 QUART + 1 CUP	
USDA Pinto Beans, pinto, L/S, Material #100365, 2.75 - #10 Cans	1 GALLON + 2 QUART + 1 CUP	
Taco Seasoning, R/S	9 OZ	
Water	2 QUART	
		3. Day of Service: Pre-Prep: Clean and sanitize prep area. Pull 10-gallon stockpot and place at workstation. Pull Red Gold Chunky Salsa, corn and pinto beans from storage and place at workstation. Pull reduced sodium taco seasoning and place at workstation. Wipe off tops of salsa, corn and beans, open and carefully discard lids. Drain beans and corn thoroughly. Pull thawed ground beef crumbles from cooler and place at workstation. Wash hands thoroughly.  <b>CCP: Prepare foods at room temperature in two hours or less.</b>
		4. Prep: Add beef crumbles to the stock pot. Add the taco seasoning and mix together, Add salsa, corn, beans and water. Stir well.
		5. Cook: Place stockpot on stove over medium heat. Stirring frequently, bring the chili to a low boil and then simmer for 45 minutes, <b>CCP: Heat until an internal temperature is reached of 165°F for 15 seconds</b>
		6. Hold: Place chili in full 6" deep steam table pans. Cover and place in warmer above 135°F. <b>CCP: Hold above 135°F</b>
		7. Serve: One cup of Taco Chili using 1 - 8 oz. ladle or spoodle. Each serving provides 1.5 oz. eq. meat/meat alternative, 5/8 cup red/orange vegetable, ¼ legume, ¼ starchy vegetables. Each serving weighs 286.925 grams or 10.12 oz. <b>CCP: Hold above 135°F</b>

## Notes:

**Production Notes:** Regional bean preferences can be accommodated by altering the bean to your student's favorite!  
Each #10 can of Red Gold Nutritionally Enhanced Chunky Salsa provides 25 - ½ cup servings by volume.  
Each ½ cup by volume of salsa provides 5/8 cup red/orange vegetables according to the FBG

**Serving Notes:**

Serve: One cup of Taco Chili using 1 - 8 oz. ladle or spoodle.

Each serving provides 1.5 oz. meat/meat alternative, 5/8 cup red/orange vegetable, 1/4 cup legume, 1/4 cup starchy vegetables.

Each serving weighs 286.925 grams or 10.12 oz.

**Nutrients Per Serving:** ( per 1 Cup )

Calories	232.149	Trans Fat (gm)	0.000	Iron (mg)	3.156
Protein (gm)	12.920	Chol (mg)	32.744	Calc (mg)	416.996
Carb (gm)	29.335	Vit A (IU)	4604.665	Sodium (mg)	722.514
Tot Fat (gm)	6.849	Vit C (mg)	28.831	Fiber (gm)	9.573
Sat Fat (gm)	3.145			Sugars (gm)	4.028*

**Note: \* means nutrient data is missing or not available.**

**Meal Components:** ( per 1 Cup )

		Vegetables (Cups)					
Fruit (Cups)		Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
			0.625	0.250	0.250		
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	1.500	Fluid Milk (Cups)	

**Allergens:**

**Wheat, Soybeans**