

RED GOLD® TACO CHILI

Recipe: R-1685

of Servings: 100.00

Grams Per Serving: 286.925

HACCP Process: Same Day Service

Serving Size: 1 Cup

Per Serving: 10.12

Source: Red Gold®

Meal Components: 1.5 oz. eq. meat/meat alternative, 5/8 cup red/orange vegetable, 1/4 cup legume, 1/4 cup starchy vegetable

INGREDIENTS:

USDA Beef Crumble, Material #100134

Red Gold® Nutritionally Enhanced Chunky Salsa, 4 #10 Cans

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

INSTRUCTIONS:

1. 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.
CCP: Prepare foods at room temperature in two hours or less.
2. Prep: Add beef crumbles to the stock pot.
Add the taco seasoning and mix together, Add salsa, corn, beans and water.
Stir well.
3. Cook: Place stockpot on stove over medium heat.
Stirring frequently, bring the chili to a low boil and then simmer for 45 minutes,
CCP: Heat until an internal temperature is reached of 165°F for 15 seconds
4. Hold: Place chili in full 6" deep steam table pans.
Cover and place in warmer above 135°F. CCP: Hold above 135°F
5. 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, legume, starchy vegetables.
Each serving weighs 286.925 grams or 10.12 oz.
CCP: Hold above 135°F



RED GOLD® TACO CHILI (CONT.)

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, ¼ cup legume, ¼ 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
Protein (gm)	12.920	Chol (mg)	32.744
Carb (gm)	29.335	Vit A (IU)	4604.665
Tot Fat (gm)	6.849	Vit C (mg)	28.831
Sat Fat (gm)	3.145		

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

Meal Components: (per 1 Cup)

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

Allergens:

Wheat, Soybeans



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