

## Chili con Carne with Lentils, Wenatchee School District

Meat/Meat Alternate-Vegetable, main dish

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Comm. beef, crumbles	7 lb		14 lb		<ol style="list-style-type: none"> <li>Heat up a kettle; add onions, garlic, green pepper, pepper, chili powder, paprika, onion powder, and cumin. Cook for 5 minutes.</li> <li>Stir in tomatoes, water/beef base, and tomato paste; mix well. Bring to boil. Reduce heat. Cover and simmer slowly, stirring occasionally until thickened. About 40 minutes.</li> <li>Stir in lentils. [CCP: Heat to 155F or higher for 15 seconds if using canned. Heat to 165F or higher for at least 15 seconds if using previously cooked and chilled lentils]</li> <li>Pour into serving pans. [CCP: Hold for hot service at 135F or higher]</li> <li>Portion with 4 oz ladle (½ cup).</li> <li>Garnish with cheese (optional).</li> </ol> <p>Note: If cooking lentils separate, cook with at least 2 ½ parts water; bring to a boil, cover, and simmer slowly until the lentils are tender. Drain the excess liquid. Cooking times will vary dependent on variety and cooking equipment. One part dried lentils usually yeild 2 ½ parts cooked lentils. Best to retain their character once stir in.</p>
Onion, fresh, chopped	14 oz		1 lb 12 oz		
Garlic, fresh,	12 cloves				
Sweet pepper, fresh, green, chopped	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Chili powder		3 Tbsp		¼ cup 2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Cumin, ground	1 oz	¼ cup	2 oz	½ cup	
Comm. Salsa	1 #10 can				
Water and beef base	¾ cup	4 qt			
Tomato paste, canned	1 lb 12 oz	3 cups 2 Tbsp (¼ #10 can)	3 lb 8 oz	1 qt 2¼ cups (½ #10 can)	
Lentils, cooked	3 lb				
Cheddar cheese, reduced fat, shredded (optional)	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	

\*Comm. – commodity/USDA Food