



Serving Size and Nutrients Per Serving

SERVING SIZE:

K-8: ⅓ c chili + ½ c rice*
 9-12: ⅓ c chili + ½ c rice

**Recommend legume as a vegetable for K-8*

ONE SERVING PROVIDES:

K-8: 1 ½ oz M/MA + ½ c V + 1 ½ G/B
 9-12: 2 oz M/MA + ¼ c V + 1 ½ G/B

NUTRIENTS PER SERVING:

Calories 298, Protein 12.95 g,
 Carbohydrate 38.95 g, Total Fat 9.96 g,
 Saturated Fat 3.79 g, Cholesterol 21.41 mg,
 Vitamin A 155.40 RE, Vitamin C 4.6 mg,
 Iron 2.72 mg, Calcium 121.93 mg,
 Sodium 418.08 mg, Dietary Fiber 5.52 g

*Recipe developed for USA Rice Federation
 by Chef Cyndie Story, PhD, RD, CC*

Chili Rice Bowl with Chips

INGREDIENTS

- Ground beef, raw, 85%
Or
Beef crumbles
- Yellow onion, diced
- Chili powder
- Black pepper, ground
- Cumin, ground
- Salt
- Tomato sauce
- Pinto beans, canned, drained, rinsed
- Brown rice, cooked
- Tortilla chips, whole grain
- Reduced fat cheddar cheese, shredded

	50 SERVINGS		100 SERVINGS	
	WEIGHT	MEASURE	WEIGHT	MEASURE
Ground beef, raw, 85% Or Beef crumbles	4 lb 8 oz or 3 lb 9 ½ oz	-	9 lb or 7 lb 3 oz	-
Yellow onion, diced	1 lb 12 oz	4 cups	3 lb 8 oz	8 cups
Chili powder	-	½ cup	-	1 cup
Black pepper, ground	-	2 tsp	-	4 tsp
Cumin, ground	-	2 tsp	-	4 tsp
Salt	-	1 tsp	-	2 tsp
Tomato sauce	6 lb 10 oz	3 qt 2 cups	13 lb 4 oz	1 ½ gal 1 qt
Pinto beans, canned, drained, rinsed	4 lb 12 oz	1 gal ½ cup	9 lb 8 oz	2 gal 1 cup
Brown rice, cooked	7 lb 13 oz	1 ½ gal 1 cup	15 lb 10 oz	3 gal 2 cups
Tortilla chips, whole grain	1 lb 8 oz	-	3 lb	-
Reduced fat cheddar cheese, shredded	13 oz	1 ¾ cup	1 lb 10 oz	3 ½ cups

DIRECTIONS

1. Brown ground beef in a tilt skillet, steam jacketed kettle or a stockpot.
2. Add onions, chili powder, black pepper, cumin and salt. Stir to combine and continue to cook until onions are translucent.
3. Add tomato sauce and pinto beans. Bring to a simmer and continue to simmer for 10 minutes. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
4. Pour into serving pans.
5. Critical Control Point: Hold for service at 135°F or higher.
6. Portion ½ cup cooked rice into a serving bowl using a number 8 disher. Add 2/3 cup of beef and pinto chili using a number 6 disher. Place 3 tortilla chips on the side and top chili with 1 tbsp shredded cheddar cheese.

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