



Green for Go Local

Ingredients in **green** = locally grown or produced



Onion



Beef



Celery



Peppers



Cabbage



Corn

Hearty Beef Chili

By Jenny & Rosie

Yield: 50 x 8 oz (250 mL) Elementary School servings

Ingredients

3 lb (1.3 kg)	Any dried beans (or 1 x 2.84 L can kidney or black beans)
¼ cup (60 mL)	Oil
4 large	Onions , diced
5 lb (2.27 kg)	Ground beef (or ground pork)
1 bunch	Celery or 1 large head celeriac , minced
6	Sweet peppers (any colour), minced or 6 cups (1.5 L) finely chopped cabbage
1 bulb	Garlic , peeled and minced
2 Tbsp (30 mL)	Salt
1 cup (250 mL)	Chili powder
12 cups (3 L)	Fresh or frozen (defrosted) tomato purée , or 1 x (2.84 L) can whole tomatoes puréed
2 x (369 mL) cans	Tomato paste
2 cups (500 mL)	Water
6 cups (1.5 L)	Fresh or frozen corn

Directions

Note: Wash all produce well.

1. If using dried beans, soak the beans overnight in a large (12 qt) pot with plenty of water to cover.
2. The next day, drain the beans and replace the water. Bring to a boil, then reduce the heat to low and simmer until the beans are very tender (1-2 hours). Drain and set aside.
3. Meanwhile, heat a large pot over high heat. Add the oil, onions, and ground beef. Cook and stir for 15-20 minutes, until meat is browned and onions are tender.
4. Add the celery, peppers, garlic and salt. Stir and cook for 10 minutes.
5. Add the chili powder and cook for a minute, then add the beans, tomatoes, tomato paste and water. Bring the mixture to a simmer over medium heat, stirring frequently. Reduce the heat to low and simmer for 1 hour.
6. Add the corn, taste and hold the chili in a hotel pan in a warming oven set to 170°F (75°C) or steam table, at a minimum 140°F (60°C) internal temperature, checking at regular intervals.
7. Serve with any or all of the optional toppings.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Tortilla chips
- ★ Garlic toast or cornbread
- ★ Grated cheese
- ★ Sour cream
- ★ Romaine or iceberg lettuce - mix in finely chopped kale (optional)
- ★ Tomato
- ★ Red or green cabbage
- ★ Shredded carrots
- ★ Onion
- ★ Corn
- ★ Sweet potatoes - roasted
- ★ Guacamole or chopped avocados
- ★ Banana Peppers
- ★ Cilantro
- ★ Hot sauce
- ★ Fruit

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) cabbage = about 4 cups (1 L) shredded
- 1 lb (454 g) dried beans = 2 cups (500 mL) dried beans and makes about 6 cups (1.5 L) cooked beans
- One 2.84 L can of tomatoes = about 10 lb (4.54 kg) fresh tomatoes or 50-60 whole medium tomatoes

Leftovers

Leftover chili may be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat before serving. Heat to 165°F (74°C) and then hold at a internal temp at or above 140°F (60°C).

Swap In

Swap in pork instead of beef, or use half beef and half pork.

Veg It Up!

For a vegetarian version, double the beans and omit the beef. Add diced sweet potato in Step 5 or mashed sweet potato in Step 6 for extra colour, fibre and flavour.

Change it Up!

Serve with garlic toast, rice or cornbread or use chili to top a baked potato.

Equipment

- One 12 qt pot
- A heavy-bottomed 16-20 qt pot

Note from the Authors

"Try offering small tastes to folks who aren't sure they will like chili (this is a great way to promote new menu items). We find serving tortilla chips, sour cream and toppings gives this a real Tex-Mex feel and helps sell this delicious dish!"

- Jenny & Rosie