RECIPE NAME: Bison Chili

File Category: Main Dish

Grade Group: K-12

Number of Portions: 50

Portion Size: 1 each

Serving Utensil: 1 cup scoop

Servings per Pan:

HACCP Process:

- [ ] #1 No Cook
- [x] #2 Cook & Serve Same Day
- [ ] #3 Includes Cooling Step

Ingredients:	Weight:	Measure:
Bison, ground	7 pounds	
Yellow onion, diced		14 cups
Tomatoes, canned, diced	224 ounces	
Kidney beans, canned	112 ounces	
Yellow corn, canned	112 ounces	
Salt		3.5 tsp.
Pepper, black, ground		3.5 tsp.
Chili powder		1/4 cup
Water		3.5 cups

Procedure:

1. Cook bison and onion in a stock pot until meat is brown and onions are tender.
2. Add all other ingredients. Stir and simmer for about 1 hour.

Total Yield: 50 portions		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in the procedures above)

Meal Component Contribution Based on Portion Size					
Meat/Meat Alternate	2.3 oz eq				
Vegetable Subgroups	DG	B/P	R/O	S	O
1 cup total		3/16	3/8	3/16	1/4
Fruits					
Grains					

DG= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

Nutrient Analysis Based on Portion Size

Calories: 424

Saturated Fat (g): 4.4

Sodium (mg): 240

NO KID HUNGRY SHARE OUR STRENGTH

INDIGI KITCHEN