



Meat or Veggie Chili with Baked Potato

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

Yield: 50 servings

Serving Size: 250 ml chili + ½ potato

Ingredients

- 60 ml oil
- 3 kg ground beef
- 10 med. onion
- 1 head celery, diced
- 1 kg carrots, diced
- 80 ml garlic powder
- 125 ml cumin
- 250 ml chili powder
- 60 ml salt
- 1.2 kg (6.5 cups) dried kidney beans, cooked (or 4, 540 ml cans)
- 250 ml brown sugar
- 2 small cans tomato paste
- 2 kg of frozen corn
- 4L canned tomatoes, diced
- 10 cups tomato sauce
- 75 ml jarred low-sodium beef bouillon paste (or use 10 bouillon cubes)
- 15 ml pepper
- *for vegetarian chili, replace 3 kg meat with 4-540 ml cans chickpeas, black beans or pinto beans, and beef bouillon with veggie bouillon
- 25 large russet baked potatoes, washed and cut in half length-wise

Toppings (optional)

- Grated cheddar cheese
- Green onions/chives
- Sour cream

Method

Step 1

Rinse kidney beans and place in an 8 qt Instant pressure cooker with 5 L water and cook at high pressure for 50 minutes. Allow natural release.

Step 2

Heat 15 ml oil in a large frying pan over medium heat and brown beef. Remove and set aside.

Step 3

Heat remaining oil in a large pot and saute onions, celery and carrots for 10 minutes, until lightly browned. Add garlic, cumin, chili, sugar, salt, tomato paste tomatoes, tomato sauce and saute another 5 minutes.

Step 4

Add corn and beef bouillon paste. Simmer for 30 minutes. Season with salt and pepper.

Step 5

For Potatoes: Preheat the oven to 425° F. Poke holes in each potato with a fork. Toss in oil and salt and place on a cookie sheet. Bake for 30 minutes, then flip over and bake for another 30 minutes.

Step 6

To Serve: Place potato cut-side up in a bowl and cover with 250 ml of chili or serve chili on the side. Top with cheddar cheese and green onions and a dollop of sour cream.

HACCP

- If using ground beef, cook until internal temperature reaches 71° C for a minimum of 15 sec.
- Cooling: Cool to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.