

Chef-Mate Original Chili Con Carne with Beans

Features and Benefits:

Great flavor profile. Satisfies customer and ensures repeat business. Ready to use shelf stable. Convenient storage and preparation to reduce cost and increase profit. Cooked Before Canning proprietary formulation. Harsh gases are released before canning. Cooking time is 15 minutes; no tinny or canned flavor. Superior steam table holding time of 8 hours.

Instructions:

STOVETOP: Heat contents of #10 can in heavy saucepan, stirring frequently, over medium heat, until center of product is 165°F. STEAM JACKETED KETTLE: Heat contents of #10 can, stirring frequently, until center of product is 165°F. PRESSURE OR CONVECTION STEAMER: Place contents of #10 can in half steam table pan, covered tightly with plastic wrap. Steam in pressure or convection steamer 15-20 minutes until center of product is 165°F. MICROWAVE OVEN: Microwave in microwave-safe container, covered with plastic wrap and vented. Stir once during heating. Heat until center of product is 165°F. 600-700 WATT OVEN: Heat 1 cup for 2 1/2 - 3 minutes; 1 quart for 6 - 7 minutes. 1000 WATT OVEN: Heat 1 cup for 1 1/2 - 2 minutes; 1 quart for 5 - 6 minutes. Microwave ovens vary, adjust time accordingly.

Suggestions:

Serve 6-8 fluid ounces heated as an entree, garnished with diced tomatoes, grated cheese, chopped cilantro or sour cream. Serve in a bowl or a bread bowl as a traditional favorite. Great as a topping for baked potatoes. Adds value to taco salads and chili enchiladas.

Product Ingredients:

WATER, BEEF, COOKED BEANS, 2% OR LESS OF TOMATO PUREE (WATER, TOMATO PASTE), SPICE, MODIFIED FOOD STARCH, SALT, TEXTURED SOY PROTEIN (SOY FLOUR, CARAMEL COLORING), PAPRIKA, SUGAR, SOY LECITHIN, CARAMEL COLOR, FLAVORING. CONTAINS SOY INGREDIENTS.

Storage Instructions

Storage temperature: Cool, dry place

Shelf life in days: 540

Meal requirements for food

Serving Size: 1 cup (8.8 oz)

Meat or meat alternative: 3 oz

Vegetable or fruit: 0

Bread or bread alternative: 0

Purchase unit: #10 can

Servings per purchase unit: 12

Purchase units per 100 servings: 8.3

Nutritional Information

<i>Nutritional Fact – Per 1 cup (247 g)</i>	<i>Amount</i>	<i>Daily Value</i>
Calories	410 calories	
Calories from Fat	200 calories	
Total Fat	22 g	34%
Saturated Fat	10 g	48%
Trans Fat	1 g	
Cholesterol	40 mg	33%
Sodium	1250 mg	61%
Carbohydrate	33 g	6%
Dietary Fiber	9 g	16%
Sugars	3 g	
Protein	17 g	
Vitamin A		15%
Vitamin C		6%
Calcium		8%
Iron		25%

<i>Nutritional Fact – Per 100 g</i>	<i>Amount</i>
Calories	155 calories
Calories from Fat	72 calories
Total Fat	7.93 g
Saturated Fat	3.25 g
Trans Fat	0.459 g
Monounsaturated Fat	3.37 g
Cholesterol	14.9 mg
Sodium	495 mg
Carbohydrate	13.91 g
Dietary Fiber	3.8 g
Sugars	1.4 g

Protein	6.94 g
Vitamin A	367 IU
Vitamin C	0.0 mg
Calcium	32.1 mg
Iron	1.88 mg
Potassium	314 mg

Allergens

Peanuts	NO
Tree Nuts	NO
Milk	NO
Eggs	NO
Fish	NO
Shellfish	NO
Soy	YES
Wheat	NO
Sulphites	NO

% daily values are based on a 2000 calorie diet