

Frito Chili Pie - CACFP

General Information

Recipe #	Category	Source
2031519	Lunch Entree 	Local

Ingredients

Name	Quantity	+Quantity 2
Garlic, raw	2 ¼ tsp.	
Onions, raw	3 tbsps., 2 ⅝ tsp. chopped	
Beef, ground, 90% lean meat / 10% fat, raw	1 lbs., 1 ⅞ oz.	
Tomatoes, red, ripe, raw, year round average	⅓ c., 2 tbsps., 1 ⅛ tsp. chopped or sliced	
Redpack Tomato Paste, 111oz Can - CS of 6	1 ½ tsp.	
Beans, pinto, canned, drained solids	⅓ c., 2 tbsps., 1 ⅛ tsp. drained	
Spices, chili powder	1 ½ tsp.	
Spices, cumin seed	¼ tsp. ground	
Spices, pepper, black	⅛ tsp. ground	
Seasoning mix, dry, taco, original	¾ tsp.	
Soup, chicken broth or bouillon, dry	2 ¼ tsp.	
Beverages, water, tap, municipal	⅔ c., 2 ⅝ tsp.	
Catsup, low sodium	1 tbsps.	
Fritos Corn Chips 16 Oz	4 ⅝ oz.	
Cheese, cheddar, nonfat or fat free	4 ⅝ oz.	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. In a large braising pan or large pot over medium high heat, cook ground beef until browned, drain. Put back on heat add onions and garlic and cook for 3-5 minutes.
2. Add diced tomatoes with juice and tomato paste until blended. Simmer for 15 minutes.
3. Add beans, seasoning, chicken base, water, and catsup. Let simmer for an additional 15 minutes until the internal temperature reaches 165 degrees F.
4. Pour chili into serving pans and hold hot for service. To serve, place 6 oz spoodle or 3/4 cup of corn chips in the bottom of a bowl or tray. Top with 1/2 cup chili and 1 Tbsp of cheese.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as



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Serving Size	Yield
⅔ Cup	6.00

Nutrition Facts

Serving Size ⅔ Cup (200 gm)		
Amount Per Serving		
Calories		339.293
		% Daily Value*
Total Fat	16.493 gm	25.374%
Saturated Fat	4.527 gm	22.636%
Trans Fat	0.453* gm	
Cholesterol	58.516 mg	19.505%
Sodium	644.284 mg	26.845%
Total Carbohydrate	20.375 gm	6.792%
Dietary Fiber	2.286 gm	9.142%
Total Sugars	1.699 gm	
Includes 0.000 * gm of Added Sugars		
Protein	26.973 gm	53.946%
Vitamin A	32.733* mcg RAE	3.637%
Vitamin C	2.914* mg	4.856%
Vitamin D	0.105* mcg	0.527%
Calcium	254.392 mg	25.439%
Iron	2.553 mg	14.186%
Potassium	438.875 mg	9.338%
Saturated Fat % of Calories		12.009 %
Added Sugar % of Calories		0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz

well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Grains

1 oz

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated
12-10-2025

Created
12-10-2025

Edit Recipe