

**Recipe: 000361 Hawks Beefy Chips & Dip**

Recipe Source: Jr Chef  
 Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name: LaRue County High School

Number of Portions: 48  
 Size of Portion: Serving

001179 SOUR CREAM,LIGHT..... 903221 Ranch Seasoning Packet.....	6 CUP 1 CUP	Take 12 tbs low fat sour cream and 6 tsp ranch seasoning and mix together well and set aside.
902040 Ground Beef..... 011294 Onions, chopped..... 011821 Peppers, red sweet chopped..... 011333 Peppers, green sweet chopped..... 011951 Peppers, orange sweet chopped..... 799939 GARLIC,RAW..... 051529 Black Beans, drained and rinsed..... 903198 Chili Beans..... 051495 Salsa, Low-sodium, Canned..... 051477 Peaches, Diced, Extra Light Syrup, Canned..... 020067 SORGHUM..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 901071 OREGANO LEAVES,DRIED..... 002028 PAPRIKA..... 903200 Pepper, Red..... 799968 CILANTRO.....	8 LB 2 CUP 2 CUP 2 CUP 2 CUP 8 TSP, MINCED 4 CUP 6 CUP 6 CUP 8 CUP 1 CUP 8 TSP 8 TSP 4 TSP, ground 4 TSP 4 TSP 8 TSP	Brown ground beef, drain and rinse then add chili powder, cumin, oregano, paprika, red pepper and cilantro. In separate pan saute all chopped peppers,minced garlic and onion in sorghum for approximately 5 minutes or until tender; when done add to ground beef. Add chili beans, drained and rinsed black beans, salsa and corn, mix well. Add peaches (with juice) and mix.  Simmer on medium heat for 10 minutes or until internal temperature of 165 degrees is reached.
051560 Cheese, Mozzarella, Shredded..... 051556 Cheese, Cheddar, Yellow, Reduced Fat, Shredde.... 903199 Tostitos whole grain 1.4 oz bag..... 799943 Tomatoes, locally grown.....	12 CUP 12 CUP 48 Bag 48 cherry	Remove from heat and place 1 cup of dip on tortilla chips, sprinkle with mozzarella and cheddar cheese mixture. Garnish with 2 tablespoons of low-fat sour cream mixture and place in middle of dip and top with a tomato rose.  CCP: Hold at 135 degrees for service.

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	615 kcal	Cholesterol	*102.54* mg	Sugars	*7.64* g	Calcium	*69.76* mg	42.56%	Calories from Total Fat
Total Fat	29.10 g	Sodium	1127.75 mg	Protein	36.13 g	Iron	*3.21* mg	*20.50%*	Calories from Saturated Fat
Saturated Fat	*14.01* g	Carbohydrates	52.15 g	Vitamin A	*1047.27* IU	Water <sup>1</sup>	*118.91* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*3.89* g	Vitamin C	*36.93* mg	Ash <sup>1</sup>	*3.05* g	33.90%	Calories from Carbohydrates
								23.49%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt..... 3.750 oz					? - Allergen 1
Grain..... 2.000 oz					? - Allergen 2
Fruit..... cup					? - Allergen 3
Vegetable..... 0.500 cup					? - Allergen 4
Milk..... cup					? - Allergen 5
<b>Moisture &amp; Fat Change</b>					? - Allergen 6
Moisture Change. 0%					? - Allergen 7
Fat Change..... 0%					? - Allergen 8
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902040	Ground Beef			
I	011294	Onions, chopped			
I	011821	Peppers, red sweet chopped			
I	011333	Peppers, green sweet chopped			
I	011951	Peppers, orange sweet chopped			
I	799939	GARLIC,RAW			
I	051529	Black Beans, drained and rinsed			
I	903198	Chili Beans			
I	051495	Salsa, Low-sodium, Canned			
I	051477	Peaches, Diced, Extra Light Syrup, Canned			
I	020067	SORGHUM			
I	051560	Cheese, Mozzarella, Shredded			
I	051556	Cheese, Cheddar, Yellow, Reduced Fat, Shredde			
I	903199	Tostitos whole grain 1.4 oz bag			
I	001179	SOUR CREAM,LIGHT			
I	799943	Tomatoes, locally grown			
I	002009	CHILI POWDER			
I	799902	CUMIN,GROUND			
I	901071	OREGANO LEAVES,DRIED			
I	002028	PAPRIKA			
I	903200	Pepper, Red			
I	799968	CILANTRO			
I	903221	Ranch Seasoning Packet			

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