



High Fibre Chili



Product: Kellogg's All-Bran Original® Cereal

Pack Size: 6 x 1.6 KG

Order Code: 17904 (000 64100 00948 6)

Preparation Time: 20 min

Cooking Method: Braising

Serving Utensil: 8 oz ladle

Serving Suggestions: Serve with wholegrain buttered toast or a crusty roll. May garnish with dollop of sour cream, shredded cheese, diced avocado & chopped cilantro.

Yield: 24 servings

Portion: 250 mls/1 cup (348 g/12 oz)

Ingredients:

Nutrition Facts	
Calories	340 Kcal
PRO	19 g
Chol	45 mg
Total Fat	17 g
Sat Fat	7 g
Trans Fat	0.38 g
CHO	32 g
Dietary Fibre	10 g
Total Sugars	8 g
Sodium	560 mg
Potassium	850 mg
Calcium	125 mg
Iron	5 mg
Vit A	0.05 mg
Vit C	44.51 mg

Steps	Ingredients	24 servings	
		Metric	Imperial
1	Medium Ground Beef	1.5 kg	3 lb
1	Onions, diced, frozen	345 g	12 oz
1	Green Peppers, diced, fresh	875 g	1 lb 15 oz
2	Diced Tomatoes with juice, canned, Reduced Sodium	2.4 L	84 oz
2	Tomato Sauce, canned	1.2 L	42 oz
2	Chili Powder	45 ml	3 Tbsp
2	Garlic Powder	15 ml	1 Tbsp
2	Table Salt	8 ml	1 ½ tsp
2	Black Ground Pepper	10 ml	2 tsp
3	Kidney Beans, drained & rinsed	1.6 L	56 oz
4	All-Bran Original® Cereal	216 g	8 oz



High Fibre Chili

Preparation Steps:

Wash hands before, during, and after preparation. Clean and sanitize surfaces and equipment.

1. In a large, heavy stockpot or tilting skillet, cook the Ground Beef, Onions, and Green Peppers until the meat is browned for about 12 minutes, stirring often. Drain off any excess fat.
2. Add the Diced Tomatoes with juice and break into pieces. Stir in the Tomato Sauce, Chili Powder, Garlic Powder, Salt, and Black Pepper, mixing thoroughly together.
3. Add the Kidney Beans and bring the mixture to a boil. Reduce the heat and simmer, uncovered, for about 30 minutes, stirring occasionally. Ensure the internal temperature reaches 71°C/160°F for at least 15 seconds.
4. Stir in the **All-Bran Original® Cereal** and continue cooking for an additional 10 minutes, stirring frequently. Transfer to insert pan with lid.

CCP-Maintain: Product held at >60°C/140°F. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

CCP-Cool: Product must reach 60°C/140°F to 21°C/70°F within 2 hours and 21°C/70°F to 4°C/40°F within 4 hours.

CCP-Reheat: To internal temperature of 74°C/165°F within 2 hours held for at least 15 seconds – one time only.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

In keeping with good allergy practices, we remind you to be aware of allergens and to check labels on any packaged goods used. This recipe has been created with the suggestion of using Kellogg's® cereal products. Results with other products may vary.