

CHEF'S RECIPE OF THE WEEK

Turkey Chili

Meat Recipe Suggestion

Serves: 8

Ingredients

2 cups chopped onion
4 garlic cloves, chopped fine
1 cup chopped green pepper
1/4 cup olive oil
1/2 gallon canned diced tomatoes, crushed
4 cups canned kidney beans, drained
2 Tbsp tomato paste
3/4 cup chicken or turkey stock
2 Tbsp chili powder
1 Tbsp ground cumin
1 Tbsp dried hot red pepper flakes
1 teaspoon dried oregano
1 Tbsp salt
1/2 teaspoon black pepper
4 cups of shredded, cooked turkey meat

Garnish

2 cups Shredded cheddar cheese
1 cup chopped red onion
1 cup sour cream

Method

In a large, 8-quart, thick-bottom pot, cook the onion and green pepper over medium high heat, stirring, until golden, about 5 minutes. Add the garlic, chili powder, cumin, and red pepper flakes and cook, stirring, for a minute or two more.

Add tomatoes, tomato paste, stock, beans, oregano, salt, pepper, and cooked turkey meat. Bring mixture to a simmer and reduce heat to low. Simmer, uncovered, for an hour.

The chili may be made in advance and chilled for 2 days, or frozen for 2 months.

Serve with shredded cheddar cheese, chopped red onion, and sour cream.

Makes about 12 cups. Serves 8.



Chef's Recipe of the Week

Sysco San Francisco Inc

Turkey Chili

Serves - 8 for \$37.98

	Plate/Serving	Total	%
Price:	\$4.75	\$37.98	
Cost:	\$0.95	\$7.61	20.04
Profit:	\$3.80	\$30.37	79.96

SUPC	Description	Brand	Qty	Type	Unit Cost	XCost	Mrgn
4160768	ONION YEL DICED 1/4"	SYS NAT	2.00	CP	\$0.10	\$0.20	0.03
1910231	PEPPER GREEN BELL CHOPPER	PACKER	1.00	CP	\$0.04	\$0.04	0.01
8666828	TOMATO DICED FIRE RSTD/JCE	CASASOL	0.50	EA	\$6.51	\$3.25	0.43
4014973	BEAN KIDNEY DARK RED	SYS CLS	0.25	EA	\$5.47	\$1.37	0.18
2394294	TURKEY BRST RAW NETTED	FOSTRFM	8.00	CP	\$0.22	\$1.78	0.23
7612849	SPICE PEPPER RED CRUSHED	D'ALLAS	1.00	TB	\$0.10	\$0.10	0.01
4212791	BROTH CHICKEN	SWANSON	1.00	CP	\$0.07	\$0.07	0.01
2406163	*CHEESE CHDR SHRD YEL FCY MILD	CASASOL	2.00	CP	\$0.16	\$0.32	0.04
2175339	ONION RED MED FRESH	SYS IMP	0.50	LB	\$0.83	\$0.42	0.05
5020193	*CREAM SOUR CULTRD GRADE A	WHLFARM	1.00	CP	\$0.06	\$0.06	0.01