# Chili Sundaes!

Mrs. Parsons' Period 3 & 4 Agriculture Class
Seventh Grade
South Seneca Middle School
Ovid. NY

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### Product Description

Meat: No Bean Chili

Fruit: Applesauce

Vegetable: Corn, Beans, Cherry Tomatoes

Grains/Breads: Italian Garlic Bread

Milk: Lowfat Milk and Shredded Cheese

Cost per meal: \$2.61





# Slogan

# "Meat in My Mind"

# Recipes

#### No Bean Chili

Recipe adapted from: https://healthyrecipesblogs.com/no-bean-chili/

Ingredients:

#### Seasoning:

1 teaspoon ground cumin

1 teaspoon smoked paprika

1 teaspoon dried oregano

2 tablespoons chili powder

1/8 teaspoon cayenne pepper

½ (6 oz) can tomato paste

2 tablespoons minced fresh garlic

#### Chili:

2 Tablespoons olive oil

1 onion, chopped (6 oz)

2 lb ground beef

1 1/2 teaspoons salt, divided

1 cup beef stock

1 (15 oz.) can diced tomatoes, undrained

1/4 teaspoon black pepper

#### Instructions:

- 1. In small bowl, using a fork, mix together seasoning ingredients to create a thick paste.
- 2. Heat oil in large skillet over medium-high heat for about 3 minutes. Add onion, beef, and ½ teaspoon salt and cook, breaking up meat as it cooks for about 7 minutes or until vegetables are soft and meat is browned.
- 3. Add seasoning mixture and cook, stirring to mix into beef and vegetables. Cook for 1 minute.
- 4. Add beef stock, tomatoes, remaining salt, and black pepper. Mash te diced tomatoes while stirring them into the mxture. Bring to a boil.
- 5. Redue heat to medium-low and simmer uncovered for 20 minutes, stirring occasionally to prevent sticking.
- 6. Serve warm.









Making No Bean Chili!

### How to Assemble Chili Sundae!

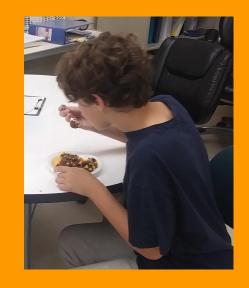
- 1. Make No Bean Chili
- Make Rice (follow directions on bag)
- 3. Gather other topping ingredients:
  - a. Variety of beans (warmed up): chili, black beans, kidney beans
  - b. Corn (warmed up)
  - c. Salsa
  - d. Sour Cream
  - e. Cherry Tomato
  - f. Fresh Chopped Parsley
- Assemble Sundae!

#### Suggested Sundae Assembly

- 1. Start with ½ cup of prepared rice
- 2. Top with No Bean Chili
- 3. Place beans on top of chili, if desired
- Corn can be served on the sundae, or on the side
- Salsa on top of chili, topped with a dollop of sour cream, sprinkle with shredded cheese
- 6. Place a cherry tomato on top and garnish with chopped parsley!
- 7. Enjoy







Preparing Garlic Bread!



Enjoying Chili!

### Storage and Handling

Fresh, uncooked meat should be stored between 34°F and 40°F in the coldest part of the refrigerator.

Once meat has cooled down, it should be stored in the refrigerator in a covered container at a temperature below 40°F. Meat should be used within 3-4 days, and reheated before serving.

### Nutrition

No Bean Chili (based on web recipe: <a href="https://healthyrecipesblogs.com/no-bean-chili/">https://healthyrecipesblogs.com/no-bean-chili/</a>):

Calories: 312kcal

Carbohydrates: 16g

Protein: 27g

Fat: 15g

Saturated Fat: 1g

Sodium: 1038mg

Fiber: 4g

Sugar: 7g

### Target Audience

Our target audience are school aged children from the age of 10-17. We will use our advertisement to promote it on our school's Facebook page. We could also have a slide advertising our meal in Forum (all school assembly each morning). Posters of our meal, encouraging people to try our chili, could also be a great way to advertise our meal. Our Chili Sundae meal is unique because not everyone likes all parts of the chili, so making it as a chili sundae gives you a chance to add the toppings you like the most! It's kind of like a Make Your Own Sundae bar for Chili! Our meal will be served in our school cafeteria, preferably in the winter time when it's cold, because that's when people like chili!

# Marketing/Branding

The following slides are slides and/or posters that our class will use to advertise our chili dish in morning forum, on Facebook, and in our hallways!











Meat on my mind!!!

Chili!!!!!!

