

# 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
- 1/2 (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 1/2 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 the diced tomatoes while stirring them into the mixture. Bring to a boil.
5. Reduce 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
2. 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
4. Assemble Sundae!

## Suggested Sundae Assembly

1. Start with  $\frac{1}{2}$  cup of prepared rice
2. Top with No Bean Chili
3. Place beans on top of chili, if desired
4. Corn can be served on the sundae, or on the side
5. 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: <https://healthyrecipesblogs.com/no-bean-chili/>):

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!

# **WORLD'S BEST CHILI**

A white plate filled with a hearty meal. On the left is a large, golden-brown, sesame-seeded bread roll. The main portion of the plate is chili, consisting of white rice, dark beans, ground meat, and melted yellow cheese. A slice of tomato and a dollop of white sauce are on top. To the right of the chili is a pile of yellow corn. A silver fork is placed on the right side of the plate. The background is a plain, light-colored surface.

**IF YOU AGREE THAT  
THIS IS THE BEST  
CHILI... CALL ME!!!!**

**ARE PLANTS ON MY  
MIND.....NO MEAT ON  
MY MIND!!!!!!**

**BEST CHILI EVER!!**



**GET YOURS NOW!! GET YOURS  
BEFORE YOUR FRIENDS!! WE  
HAVE MEAT ON OUR MINDS!!**

# Beef is on my mind

A taste that will never leave your mind

The Beef is in your mind

It's your sundae make it how you like it

The chili never leaves



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Beef on my mind it will  
Never leave you behind



# WORLD'S BEST CHILI

Do you got meat on your mind, because I sure do!





Best chili ever!!!!!!!



Meat on  
my  
mind!!!

Try our  
yummy  
chili!!!!!!

Meat in your mind? Take the journey, you cant stop you need it. Get the meat out of your head, you need to eat it. Its the only way.

