

Frito Pie (LR1077)

Marketing Description: A cup of Fritos piled with seasoned ground beef and beans and topped with shredded cheese.
 HACCP Process: Process 2: Same day service
 Allergens: Contains Milk;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 39.00 Serving Size: 1 Serving
 Moisture gain/loss%: 0.0000 Yield: 23 Pound, 3 1/2 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$17.7529 Cost Per Serving: \$0.4552

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	FMBE0006	Beef, Crumble, Integrated , Cooked	5 Pound	0.0000	Beef Crumble (Integrated) LI100338	5 Pound
2	DHSp1005	Spice, Chili Powder , As Purchased	1/4 Cup, 4 teaspoon	0.3278	Spice, Chili Powder LI100379	1/3 Cup
3	DHSp1007	Spice, Garlic Powder , As Purchased	1/8 Cup	0.0839	Spice, Garlic Powder LI100380	1/8 Cup
4	DHSp1010	Spice, Paprika, Ground , As Purchased	1 tablespoon	0.0454	Spice, Paprika LI100385	1 tablespoon
5	DHSp1006	Spice, Onion Powder , As Purchased	1 tablespoon	0.0028	Spice, Onion Powder LI100381	1 tablespoon
6	DHSp1009	Spice, Lemon Pepper Seasoning , As Purchased	1 tablespoon	0.2102	Spice, Lemon Pepper LI100383	1 tablespoon
7	DSCh1021	Chips, Frito, Bulk , As Purchased	3 1/2 Bag	7.3894	Chips, Frito, Bulk LI100130	3 1/2 Bag
8	FDCz0001	Cheese, Shredded American , As Purchased	2 Pound	0.0000	Cheese, Shredded American LI100007	2 Pound
9					Water, Tap LI100253	1 Gallon, 1 Quart
10	DVBn1001	Chili Mix , As Served	2 Bag	9.6933	Chili LI100252	2 Bag

Tips/Comments

- Chili- Prepare chili in 1 to 2 bag batches. The recipe is written per the directions on the back of the bag.

Beef: Integrated beef crumble will need to be weighed. The integrated beef crumble is packed in 10 pound bags. The old beef crumble is packed in 5 pound bags.

Pre-Preparation Instructions

- 72 to 48 Hours in Advance-NA
- 24 Hours in Advance-
Thaw beef crumbles on a lined sheet pan in the cooler.
- The day of service-
Preheat the oven to 350 degrees.

Preparation Instructions

- Beef Crumble
 1. Put the thawed beef crumble into a full size 4" deep hotel pan
 2. Mix spices and combine with beef crumble.
 3. Cover and bake for 25 to 30 minutes or until an internal temperature to 165 degrees is reached.
 3. Stir well and hold in the warmer until needed for service.
- Chili Seasoning
 1. Measure chili powder and place into a mixing bowl.
- Chili Seasoning
 1. Measure garlic powder and mix with the chili powder.
- Chili Seasoning
 1. Measure paprika and mix with the other spices.
- Chili Powder
 1. Measure onion powder and mix with the other spices.
- Chili Powder
 1. Measure lemon pepper and mix with the other spices.
 2. Add the spice mixture to the beef crumble.
- Fritos
 1. Plate a 8 ounce spoodle of fritos on a tray.
- Cheese
 1. Place cheese into a half size hotel pan.
 2. Cover and hold on the cold line or in the cooler.
- Water
 1. Measure water and pour into a 4 to 6 inch deep half size hotel pan.
 2. Warm water to a boil.
- Chili Mix
 1. Add chili mix the to the pan with boiling water.
 2. Cover with a lid and place in the oven for 25 minutes.
 2. Stir well, cover and hold in the warmer.

Serving Instructions

- Serving
 1. Use an 8oz spoodle to plate Fritos onto an tray or in a boat.
 2. Top the Fritos with a 4 ounce spoodle of chili.
 3. Top the chili with a #8 disher of seasoned beef
 3. Top with 1 tablespoon of shredded cheese.
- Vegetarian Option
1. Use an 8oz spoodle to plate Fritos onto an tray or in a boat.
 2. Top the Fritos with a #6 disher of chili.
 3. Top chili with a 1 ounce scoop of shredded cheese.

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
Cook	Cooking	165.00	Continue cooking food until the internal temperature reaches the required temperature.
Hot Hold	Hot Holding	140.00	Discard the food if it cannot be determined how long the food temperature was below 140 °F

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	35.63	11.07	42.30	22.93	3.572

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
186.842	7.397	2.298	0	16.262	458.024	19.758	3.309	1.668	0(M)	10.712	1.584	85.129	173.583	3.733	0(M)	0(M)	0(M)	0(M)

Nutrients per serving (270.019 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
504.509	19.972	6.206	0	43.91	1236.75	53.35	8.934	4.505	0(M)	28.925	4.276	229.865	468.708	10.08	0(M)	0(M)	0(M)	0(M)

(M) Indicates missing nutrient values.