

Hungry Planet Chili Cheese Dogs - Storebought Dogs

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	11.07 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	3 lb 9.83 oz		0%	3 lb 9.83 oz	<u>Hungry Planet® Beef Chili</u>

MAKE THE CHILI

1.1.1 SUB-RECIPE: HUNGRY PLANET® BEEF CHILI

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1.1.2	1 1/2 tbsp	0 lb 0.72 oz	0%	0 lb 0.72 oz	Oil, canola
	1 cup	0 lb 3.56 oz	0%	0 lb 3.56 oz	Celery, diced
	1/2 cup	0 lb 2.63 oz	0%	0 lb 2.63 oz	Peppers, red bell, chopped
	1/2 cup	0 lb 2.63 oz	0%	0 lb 2.63 oz	Peppers, green bell, chopped
	3 tsp	0 lb 0.32 oz	0%	0 lb 0.32 oz	Garlic, raw, chopped

Heat 1/2 of the canola oil in a suitable size pot over medium heat. Add celery, red and green peppers and 1/2 of the fresh garlic. Sauté for 5 minutes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1.1.3	1 2/3 cup	0 lb 15.00 oz	0%	0 lb 15.00 oz	Beans, kidney, all types, mature seeds, canned
	2 cup	0 lb 15.00 oz	0%	0 lb 15.00 oz	Beverages, water, tap, municipal
	1 tbsp	0 lb 0.23 oz	0%	0 lb 0.23 oz	Spices, garlic powder
	2 tbsp	0 lb 0.47 oz	0%	0 lb 0.47 oz	Spices, chili powder

Add the red kidney beans and water. Stir in 1/2 of the garlic powder and 1/2 of the chili powder. Bring to a boil and simmer for 10 minutes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1.1.4		0 lb 8.00 oz	0%	0 lb 8.00 oz	Hungry Planet Beef™
	1 cup	0 lb 4.45 oz	0%	0 lb 4.45 oz	Onion, diced
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, kosher, Diamond Crystal
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Spices, black pepper, ground
	3 tsp	0 lb 0.61 oz	0%	0 lb 0.61 oz	Vegan Worcestershire sauce

Heat the remaining oil in a hot skillet. Add the Hungry Planet Beef in medium size chunks. Add the onions, the rest of the fresh garlic, and season with salt and pepper. Cook the beef on high heat until brown and onions are translucent, about 7-8 minutes. Add Worcestershire sauce, stir and add to the vegetable pot.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1.1.5	1 cup	0 lb 7.50 oz	0%	0 lb 7.50 oz	Tomato products, canned, petite dice, without salt
	1/3 cup	0 lb 3.00 oz	0%	0 lb 3.00 oz	Tomato paste

Add the tomatoes and tomato paste, stir to incorporate. Add the rest of the chili powder and garlic powder. Let simmer for 30-40 minutes. Adjust seasoning with salt and pepper.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	3 lb	12.00 oz	0%	3 lb 12.00 oz	OSCAR MAYER, Wieners (beef franks) <i>We like vegan Lightlife Smart Dogs</i>

COOK THE HOT DOGS

Heat a nonstick pan or grill over medium-high heat. Sear the hot dogs, turning occasionally, until fully cooked and multiple sides are browned.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
3	40.0 ea	4 lb 15.01 oz	0%	4 lb 15.01 oz	Rolls, hamburger or hot dog, whole wheat
	1.266 gal	5 lb 0.00 oz	0%	5.00 lb	Vegan cheddar cheese, shredded

ASSEMBLY

Arrange hot dog buns on a baking sheet and insert the cooked hot dogs. Place a small amount of cheddar cheese on top, smother with the prepared chili, and top with more cheddar cheese. Bake in the hot oven until everything is warmed through and the cheese has melted.

Using a spatula, transfer the chili cheese dogs to plates. Serve immediately.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	17 lb 4.84 oz	0 %	17 lb 4.84 oz	0 %	17 lb 4.84 oz
Size of portion	11.07 oz		11.07 oz		11.07 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
Total fat	14.88 g	53.65 %	245.22 kcal	Salt	1.15 g		
Saturated	9.07 g	32.69 %	1,026.03 kJ	Salt	1.15 %	Vitamins	
Monounsaturated	3.59 g	12.96 %	1.03 MJ	Sodium	460.78 mg	Vitamin A	16.20 µg
Polyunsaturated	0.91 g	3.28 %		Phosphorus	101.12 mg	Vitamin D	0.13 µg
Trans	0.01 g	0.02 %		Potassium	160.54 mg	Thiamine	0.14 mg
Cholesterol	12.14 mg			Iron	1.26 mg	Riboflavin	0.09 mg
Linolenic acid	0.74 g			Calcium	67.25 mg	Niacin	1.91 mg
Alpha-linolenic acid	76.75 mg			Zinc	1.02 mg	Vitamin B6	0.09 mg
Total Carbohydrate	21.10 g	34.96 %		Magnesium	29.25 mg	Vitamin B12	1.13 µg
Sugars	2.52 g	-0.25 %		Iodine	0.00 µg	Folate	0.00 µg
Sugar	0.00 g			Selenium	12.05 µg	Vitamin C	3.49 mg
Lactose	0.00 g			Copper	0.12 mg	Vitamin E	0.34 mg
Fiber	2.44 g	1.90 %				Vitamin K	2.51 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	39.44 g
Starch	8.88 g	14.71 %					
Protein	7.01 g	11.61 %					
Alcohol	0.00 g	0.00 %					