

ES FOODS

THREE BEAN CHILI

Everyone loves ES Foods' Vegetarian 3 Bean Chili because it is so delicious. Food service professionals love how easy it is to prepare, how they can use it in many menu items, and how cost effective it is.

SHELF STABLE AND VEGAN!



Each 3.5 oz. serving of our Vegetarian Three Bean Chili provides 1 oz. equivalent of meat/meat alternate and $\frac{1}{8}$ cup red/orange vegetable.

A Few Menu Suggestions



3 Bean Chili and Cheddar Cheese Sauce Topping
(E S Foods #5812)
Topping for Baked Potatoes, Whole Grain Pasta, Tater Tots



3 Bean Chili with Mac & Cheese
(E S Foods #5905)
Mix with Whole Grain Macaroni and Cheese for a unique flavorful entree



3 Bean Chili and Nacho Cheese Sauce Dip
(E S Foods #5811)
A delicious dip to use with Whole Grain Tortillas or Whole Grain Pita chips

Visit ESFoods.com/3Beanchili for many more menu suggestions.

E S Foods. Always the best solution.

Call 516.682.5494 for an appointment or visit esfoods.com.



Code	Product Name	Serving Size
05931	Vegetarian 3 Bean Base	3.50 oz.



Each shelf stable 30 lb. (12/2.5 lbs. pouches) provides 137 servings of 3.5 oz. Vegetarian 3 Bean Base. Each 3.50 oz. serving provides 1.00 oz. equivalent meat/meat alternate and 1/8 cup red/orange vegetable based on the USDA Food Buying Guide Requirements.

INGREDIENTS: Water, Red Kidney Beans, Pink Beans, Northern White Beans, Tomato Puree, Fresh Onions, Fresh Sweet Red Bell Peppers, Carrots, Corn Meal, Soybean Oil, Sugar, Salt, Garlic, Spices and Natural Flavors (Ancho Chili, Cumin).

Shelf life:	18 months shelf stable (Shelf Stable 35°F–85°F)
Ti-Hi:	8 x 11
Cases/pallet:	22
Case dims:	18.5" x 11.5" x 5.5"
Case cube:	0.68 ft ³
Case count:	12 pouches
Net case wt:	30.0 lbs
Gross case wt:	32.0 lbs
GTIN:	10693392004809

COOKING INSTRUCTIONS:

Heat and Serve:

STEAM TABLE: Bring your steam table to 140°F (Hot foods should be kept at an internal temperature of 140 °F or warmer). Add product to pan and check temperature with a thermometer. Take at least two internal temperatures from each batch during holding and confirm product reaches 140°F. Use microwave instructions to speed up this process.

MICROWAVE: Based on commercial microwave (1000 watt). Cut 1/2 inch slit to vent and place package in microwave, slit side up. Microwave on high for 3.5 minutes. Stir and warm an additional 1.5 minutes. Check that food is cooked thoroughly until achieve an internal temperature of 165°F. Let stand for 1 minute before eating.

STEAM KETTLE: Place unopened pouch in boiling water. Pouch will be ready to serve in 14–18min. Check that food is cooked thoroughly until achieve an internal temperature of 165°F.

NOTE: TIMES MAY VARY WITH DIFFERENT APPLIANCES

Nutrition Facts

Serving size 100 g (3.5 oz)

Amount per serving

Calories 110

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrates 16g 6%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 1g Added Sugars 2%

Protein 5g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2mg 10%

Potassium 370mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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