

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Chili

By: Scott Shapiro

- 1lb to 1.5lbs Ground Chuck cooked and drained
- 1 can red beans (drained)
- 1 can diced tomatoes
- 1 chopped green pepper
- 1 chopped red pepper
- 1 chopped red onion (or even a Vidalia)
- 2-4 tbs chili powder
- liquid smoke (to taste)
- hot sauce (to taste)
- Worcestershire sauce (to taste)

- Brown the beef.
- Chop all of the vegetables
- Mix together and refrigerate overnight to allow the flavors to "mingle"
- Put into a crock-pot and cook on low 4 to 8 hours. (The longer the better)
- Serve it along with crackers, cheese, sour cream, corn bread or cinnamon buns.



### Nutrition Facts

Serving Size (332g)  
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories 270		Calories from Fat 60	
Total Fat	6g	10%	
Saturated Fat	2.5g	13%	
Cholesterol	70mg	23%	
Sodium	540mg	23%	
Total Carbohydrate	22g	7%	
Dietary Fiber	7g	30%	
Sugars	6g		
Protein	30g		
Vitamin A	20%	Vitamin C	100%
Calcium	6%	Iron	30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4  
Liquid smoke, hot sauce and Worcestershire sauce not included in nutrition label.



### Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Ground Chuck	Meat
Red Beans	6
Diced Tomatoes	Produce
Green Pepper	Produce
Red Pepper	Produce
Red Onion	Produce
Chili Powder	11
Liquid Smoke	9
Hot Sauce	9
Worcestershire Sauce	9

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