

# Brewed Chili

Loretta Valencik

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

2 pounds ground chuck  
1 can (10 ounce) beer  
2 tablespoons vinegar  
1 tablespoon ground cumin  
1 teaspoon oregano  
1 medium onion, chopped  
4 cups water  
1 1/2 teaspoons chili powder  
1 teaspoon garlic powder  
2 cans (6 ounce ea) tomato paste  
1 can (16 ounce) kidney beans

Brown the meat in a Dutch oven. Drain off the fat.

Add the beer, vinegar, cumin, oregano, onion, water, chili powder, garlic powder, tomato paste and kidney beans. Stir to blend well.

Simmer over low heat for three hours.

Per Serving (excluding unknown items): 3465 Calories; 193g Fat (51.4% calories from fat); 218g Protein; 193g Carbohydrate; 62g Dietary Fiber; 681mg Cholesterol; 2839mg Sodium. Exchanges: 8 Grain(Starch); 26 1/2 Lean Meat; 11 1/2 Vegetable; 24 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	3465
% Calories from Fat:	51.4%
% Calories from Carbohydrates:	22.8%
% Calories from Protein:	25.8%
Total Fat (g):	193g
Saturated Fat (g):	76g
Monounsaturated Fat (g):	83g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	681mg
Carbohydrate (g):	193g
Dietary Fiber (g):	62g
Protein (g):	218g
Sodium (mg):	2839mg

Vitamin B6 (mg):	4.4mg
Vitamin B12 (mcg):	21.3mcg
Thiamin B1 (mg):	1.9mg
Riboflavin B2 (mg):	2.9mg
Folacin (mcg):	907mcg
Niacin (mg):	56mg
Caffeine (mg):	0mg
Alcohol (kcal):	146
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	8
Lean Meat:	26 1/2
Vegetable:	11 1/2

**Potassium (mg):** 7939mg  
**Calcium (mg):** 580mg  
**Iron (mg):** 42mg  
**Zinc (mg):** 43mg  
**Vitamin C (mg):** 131mg  
**Vitamin A (i.u.):** 7910IU  
**Vitamin A (r.e.):** 790RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 24  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 3465      **Calories from Fat:** 1779

### % Daily Values\*

<b>Total Fat</b>	193g	297%
Saturated Fat	76g	381%
<b>Cholesterol</b>	681mg	227%
<b>Sodium</b>	2839mg	118%
<b>Total Carbohydrates</b>	193g	64%
Dietary Fiber	62g	247%
<b>Protein</b>	218g	
<b>Vitamin A</b>		158%
<b>Vitamin C</b>		218%
<b>Calcium</b>		58%
<b>Iron</b>		234%

\* Percent Daily Values are based on a 2000 calorie diet.