

Chili Con Carne Cabell

*Lousene Rousseau Brunner
Casserole Treasury (1964)*

Servings: 10

*3 pounds lean ground beef
1 pound black beans, cooked
salad oil
2 medium onions, chopped
1 green pepper, chopped
1 clove garlic, chopped
1 small can tomato paste
1 teaspoon celery salt
1 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
pinch cayenne
pinch cumin seed (optional)
2 tablespoons chili powder
salt (to taste)
pepper (to taste)*

To cook the beans, soak them overnight in plenty of water. Simmer them next day in just enough fresh water to cover. Add a generous teaspoon of salt. When they are almost soft enough so you can crush one in your fingers, remove them from the stove. Do not drain.

In a large heavy casserole, heat the oil. Brown the chopped vegetables and garlic very lightly, stirring often.

Stir in the beef. Cook until there is no more red in the meat, stirring with a fork and leaving the meat in small chunks about the size of an olive.

Add the beans with the water in which they were cooked. Add all of the remaining ingredients. Cover.

Bake in a 300 degree oven for about 25 minutes (or simmer gently, covered, on the stovetop for 20 minutes).

Check the seasoning before serving.

(Serve with plenty of hot fluffy rice and garlic bread.)

Per Serving (excluding unknown items): 543 Calories; 29g Fat (48.6% calories from fat); 35g Protein; 35g Carbohydrate; 9g Dietary Fiber; 102mg Cholesterol; 379mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	543
% Calories from Fat:	48.6%
% Calories from Carbohydrates:	25.6%
% Calories from Protein:	25.9%
Total Fat (g):	29g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	102mg
Carbohydrate (g):	35g
Dietary Fiber (g):	9g
Protein (g):	35g
Sodium (mg):	379mg
Potassium (mg):	1242mg
Calcium (mg):	82mg
Iron (mg):	5mg
Zinc (mg):	7mg
Vitamin C (mg):	20mg
Vitamin A (i.u.):	928IU
Vitamin A (r.e.):	93RE

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	3.2mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	224mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	2
Lean Meat:	4
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 543 Calories from Fat: 264

% Daily Values*

Total Fat	29g	45%
Saturated Fat	12g	58%
Cholesterol	102mg	34%
Sodium	379mg	16%
Total Carbohydrates	35g	12%
Dietary Fiber	9g	34%
Protein	35g	
Vitamin A		19%
Vitamin C		33%
Calcium		8%
Iron		29%

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