

Chili For A Crowd

Sheila Lukins

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Servings: 20

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

2 tablespoons extra-virgin olive oil
1 pound yellow onions, coarsely chopped
1 pound sweet Italian sausage, removed from casings
4 pounds ground beef chuck
1 can (12 oz) tomato paste
1 1/2 tablespoons garlic, minced
1/3 cup ground cumin
1/2 cup chili powder
1/4 cup Dijon mustard
2 tablespoons dried basil
2 tablespoons dried oregano
1 1/2 tablespoons salt (or to taste)
1 1/2 tablespoons freshly ground black pepper
3 cans (28 oz ea) Italian plum tomatoes, drained
1/4 cup dry red wine
2 tablespoons fresh lemon juice
1/4 cup fresh dill, chopped
1/4 cup parsley, chopped
2 cans (16 oz) dark-red kidney beans, drained
2 cans (5.5 oz) pitted black olives, drained

Heat the olive oil in a very large pot.

Add the onions and cook over a low heat, stirring occasionally, until wilted, about 15 minutes.

Add the sausage meat and ground chuck. Cook over medium-high heat, stirring, until the meats are well browned. Spoon off any excess fat and discard.

Stir in the tomato paste, garlic, cumin, chili powder, mustard, basil, oregano, salt and pepper..

Add the tomatoes, wine, lemon juice, dill, parsley and kidney beans.

Stir well and simmer, uncovered, for another 15 minutes.

Taste and adjust the seasonings.

Add the olives.

Simmer for 5 minutes more to heat through.

Serve immediately.

Per Serving (excluding unknown items): 53 Calories; 3g Fat (39.3% calories from fat); 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 130mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.