

Chiliville Chili

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1 pound ground Mild, Sweet or Hot Italian sausage (or one package Italian Mild, Sweet or Hot links, decased)

1 pound ground beef

1 medium onion, chopped

3 ribs celery, chopped

3 cloves garlic, minced

3 cans (14-1/2 ounce ea) diced tomatoes with green peppers and onions

2 cans (16 ounce ea) kidney beans, rinsed and drained

1 can (14-1/2 ounce) beef broth

1 can (6 ounce) tomato paste

2 tablespoons brown sugar

2 tablespoons chili powder

1 tablespoon Worcestershire sauce

2 teaspoons ground cumin

1/2 teaspoon crushed red pepper flakes

Cheddar cheese (optional), shredded

In a large saucepan, cook the sausage and ground beef over medium heat until the meat is no longer pink. Drain.

Add the onion, celery and garlic. Cook and stir for 5 minutes or until tender.

Stir in the tomatoes, beans, broth, tomato paste, brown sugar, chili powder, Worcestershire sauce, cumin and red pepper flakes. Bring to a boil.

Reduce the heat. Simmer, covered, for 20 minutes.

Sprinkle with cheese, if desired.

Serve immediately.

Per Serving (excluding unknown items): 3016 Calories; 128g Fat (37.5% calories from fat); 183g Protein; 297g Carbohydrate; 107g Dietary Fiber; 386mg Cholesterol; 3133mg Sodium. Exchanges: 15 1/2 Grain(Starch); 18 Lean Meat; 8 Vegetable; 19 Fat; 1 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	3016
% Calories from Fat:	37.5%
% Calories from Carbohydrates:	38.6%

Vitamin B6 (mg):	3.7mg
Vitamin B12 (mcg):	12.0mcg
Thiamin B1 (mg):	2.5mg
	2.0mg

% Calories from Protein: 23.9%
 Total Fat (g): 128g
 Saturated Fat (g): 50g
 Monounsaturated Fat (g): 54g
 Polyunsaturated Fat (g): 8g
 Cholesterol (mg): 386mg
 Carbohydrate (g): 297g
 Dietary Fiber (g): 107g
 Protein (g): 183g
 Sodium (mg): 3133mg
 Potassium (mg): 8841mg
 Calcium (mg): 822mg
 Iron (mg): 48mg
 Zinc (mg): 29mg
 Vitamin C (mg): 130mg
 Vitamin A (i.u.): 8751IU
 Vitamin A (r.e.): 878RE

Riboflavin B2 (mg):
 Folic Acid (mcg): 1588mcg
 Niacin (mg): 36mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Deficient: 0.0%

Food Exchanges

Grain (Starch): 15 1/2
 Lean Meat: 18
 Vegetable: 8
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 19
 Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 3016 Calories from Fat: 1131

% Daily Values*

Total Fat	128g	197%
Saturated Fat	50g	250%
Cholesterol	386mg	129%
Sodium	3133mg	131%
Total Carbohydrates	297g	99%
Dietary Fiber	107g	427%
Protein	183g	
Vitamin A		175%
Vitamin C		217%
Calcium		82%
Iron		269%

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