

Texas No-Bean Chili

*Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370*

Servings: 12

*3 pounds ground round beef
2 1/2 cups onions, finely chopped
4 large cloves garlic, finely chopped
1 small jalapino chile, seeded and chopped
1 can (6 ounce) tomato paste
2 cans (14.5 ounce ea) diced tomatoes in sauce
3 1/2 cups beef-flavored broth
1/4 cup Mexican chili powder
1 tablespoon ground cumin
shredded Cheddar cheese (if desired)
sliced green onions (if desired)*

Preparation Time: 25 minutes

Spray a five-quart slow cooker with cooking spray.

In a twelve-inch non-stick skillet, cook half of the beef over medium-high heat for 5 to 7 minutes, stirring occasionally, until thoroughly cooked. Drain. Remove the beef from the skillet to the slow cooker. Repeat with the remaining beef.

Add the onions, garlic, chile, tomato paste, tomatoes, broth, chili powder and cumin to the slow cooker. Mix well.

Cover and cook on LOW heat setting for eight hours.

Garnish the individual servings with cheese and green onions.

Start to Finish Time: 8 hours 25 minutes

Per Serving (excluding unknown items): 25 Calories; trace Fat (7.3% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 88mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	25
% Calories from Fat:	7.3%
% Calories from Carbohydrates:	79.3%
% Calories from Protein:	13.4%

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace

Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 88mg
Potassium (mg): 167mg
Calcium (mg): 17mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 273IU
Vitamin A (r.e.): 27 1/2RE

Folacin (mcg): 9mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 25 **Calories from Fat:** 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	88mg	4%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	4%
Protein	1g	
Vitamin A		5%
Vitamin C		12%
Calcium		2%
Iron		4%

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