

Texas Style Chili

Mayan Ranch - Bandera, TX
The Great Country Inns of America Cookbook (2nd ed) (1992)

10 pounds ground beef
2 cups onion (or more, to taste),
chopped
3 tablespoons garlic powder (or use
fresh pressed garlic)
3 tablespoons cumin
2 cups chili powder (dark red)
1 cup paprika
1 can (#10, 107 ounce) crushed
tomatoes
salt (to taste)
pepper (to taste)

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In a large pot, cook off the meat. Add the onion, garlic powder, cumin, chili powder and paprika. Add the crushed tomatoes. If you wish to add beans, do so after cooking.

Good toppings are beans, onions and shredded cheese. We toss in a whole jalapeno pepper or two while cooking to "enhance" the flavor.

Simmer slowly until done.

Per Serving (excluding unknown items): 14480 Calories; 1224g Fat (76.4% calories from fat); 775g Protein; 74g Carbohydrate; 26g Dietary Fiber; 3859mg Cholesterol; 3235mg Sodium. Exchanges: 4 1/2 Grain(Starch); 109 1/2 Lean Meat; 1 Vegetable; 184 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | |
|--------------------------------|--------|
| Calories (kcal): | 14480 |
| % Calories from Fat: | 76.4% |
| % Calories from Carbohydrates: | 2.0% |
| % Calories from Protein: | 21.5% |
| Total Fat (g): | 1224g |
| Saturated Fat (g): | 492g |
| Monounsaturated Fat (g): | 532g |
| Polyunsaturated Fat (g): | 59g |
| Cholesterol (mg): | 3859mg |
| Carbohydrate (g): | 74g |
| Dietary Fiber (g): | 26g |

| | |
|---------------------|----------|
| Vitamin B6 (mg): | 13.2mg |
| Vitamin B12 (mcg): | 120.3mcg |
| Thiamin B1 (mg): | 2.4mg |
| Riboflavin B2 (mg): | 8.8mg |
| Folacin (mcg): | 444mcg |
| Niacin (mg): | 222mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------|-------|
| Grain (Starch): | 4 1/2 |
|-----------------|-------|

Protein (g): 775g
Sodium (mg): 3235mg
Potassium (mg): 13440mg
Calcium (mg): 747mg
Iron (mg): 117mg
Zinc (mg): 167mg
Vitamin C (mg): 85mg
Vitamin A (i.u.): 67562IU
Vitamin A (r.e.): 6741 1/2RE

Lean Meat: 109 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 184 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 14480 Calories from Fat: 11068

% Daily Values*

| | | |
|----------------------------|--------|-------|
| Total Fat | 1224g | 1883% |
| Saturated Fat | 492g | 2459% |
| Cholesterol | 3859mg | 1286% |
| Sodium | 3235mg | 135% |
| Total Carbohydrates | 74g | 25% |
| Dietary Fiber | 26g | 104% |
| Protein | 775g | |

| | |
|------------------|-------|
| Vitamin A | 1351% |
| Vitamin C | 142% |
| Calcium | 75% |
| Iron | 651% |

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