

## **'Burning Sensation' Chili**

Martin County, FL Fire Rescue/ Metro Fire Department at Sikorsky Aircraft  
Palm Beach Post

**Servings: 12**

**olive or vegetable oil (for saute'ing)**

**2 1/3 pounds ground beef**

**2 pounds mild Italian sausage (such as Roman Brand), casings removed**

**1 1/4 cups yellow onion, diced**

**1 cup red bell pepper, diced**

**1 to 2 tablespoons minced garlic (or to taste)**

**1/2 cup chili powder**

**1 tablespoon cumin**

**salt (to taste)**

**black pepper (to taste)**

**dash oregano (or to taste)**

**dash sugar (or to taste)**

**dash cayenne pepper (or to taste)**

**2 cans (16 oz ea) black beans**

**2 cans (16 oz ea) red beans**

In a skillet, brown the ground beef. Set aside in a bowl.

In the same skillet, brown the sausage. Set aside with their juices.

Heat the oil in a large stew pot.

Saute' the onion, pepper and garlic until aromatic and slightly tender.

Add the browned ground beef and sausage and their juices to the saute' mixture.

Add the diced tomatoes. Stir to combine over low heat.

Add the chili powder, cumin, salt, black pepper, oregano, sugar and cayenne. Stir slowly between sprinklings.

Add the black beans and red beans, stirring to combine all ingredients well.

Simmer, covered, over low heat until flavors are melded well.

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Per Serving (excluding unknown items): 509 Calories; 25g Fat (43.2% calories from fat); 30g Protein; 44g Carbohydrate; 15g Dietary Fiber; 74mg Cholesterol; 120mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.