

# Braised Beef & Bacon Chili

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2 cans (16 ounce) Bush's kidney beans, drained  
1 tablespoon olive oil  
2 slices bacon, cut into one-inch pieces  
4 pounds trimmed beef cubes or brisket  
2 cloves garlic, chopped  
1 onion sliced into wedges and separated  
1 tablespoon jalapeno pepper, chopped  
1 small green pepper, diced  
1 tablespoon chili powder  
1 tablespoon ground cumin  
1 can (15 ounce) diced tomatoes, undrained  
1 cup chicken stock  
1/2 lime, juiced

## Cook Time: 4 hours

In a ten-inch skillet over medium-high heat, heat the oil. Add the bacon and cook for 2 minutes. Add the beef and brown with the garlic, onion, jalapeno and green pepper.

Combine the skillet mixture (with the pan juices), seasonings and tomatoes in a slow cooker. Top with the beans, chicken stock and lime juice.

Cover and cook for four hours on LOW.

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Per Serving (excluding unknown items): 351 Calories; 23g Fat (57.2% calories from fat); 10g Protein; 30g Carbohydrate; 8g Dietary Fiber; 11mg Cholesterol; 2455mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 4 Fat.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	351	Vitamin B6 (mg):	.7mg
% Calories from Fat:	57.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	32.1%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	10.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	23g	Folacin (mcg):	70mcg
Saturated Fat (g):	5g	Niacin (mg):	4mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	11mg
Carbohydrate (g):	30g
Dietary Fiber (g):	8g
Protein (g):	10g
Sodium (mg):	2455mg
Potassium (mg):	1078mg
Calcium (mg):	123mg
Iron (mg):	8mg
Zinc (mg):	1mg
Vitamin C (mg):	164mg
Vitamin A (i.u.):	4584IU
Vitamin A (r.e.):	457 1/2RE

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	351	Calories from Fat: 201
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### % Daily Values\*

<b>Total Fat</b>	23g	36%
Saturated Fat	5g	23%
<b>Cholesterol</b>	11mg	4%
<b>Sodium</b>	2455mg	102%
<b>Total Carbohydrates</b>	30g	10%
Dietary Fiber	8g	31%
<b>Protein</b>	10g	
<b>Vitamin A</b>		92%
<b>Vitamin C</b>		274%
<b>Calcium</b>		12%
<b>Iron</b>		47%

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