

# Chiliville Chili II

*The Kitchen at Johnsonville Sausage*  
*www.Johnsonville.com*

## Servings: 10

*1 pound Johnsonville Italian ground sausage*  
*1 pound ground beef*  
*1 medium onion, chopped*  
*3 ribs celery, chopped*  
*3 cloves garlic, minced*  
*3 cans (14.5 ounce ea) diced tomatoes with green peppers and onions*  
*2 cans (16 ounce ea) kidney beans, rinsed and drained*  
*1 can (14.5 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 over medium heat, cook the sausage and ground beef 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, cumin and red pepper flakes. Bring to a boil.

Reduce the heat. Cover and simmer for 20 minutes.

Sprinkle with cheese, if desired.

Serve immediately.

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Per Serving (excluding unknown items): 302 Calories; 13g Fat (37.5% calories from fat); 18g Protein; 30g Carbohydrate; 11g Dietary Fiber; 39mg Cholesterol; 313mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

|                                |       |                     |        |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal):               | 302   | Vitamin B6 (mg):    | .4mg   |
| % Calories from Fat:           | 37.5% | Vitamin B12 (mcg):  | 1.2mcg |
| % Calories from Carbohydrates: | 38.6% | Thiamin B1 (mg):    | .2mg   |
| % Calories from Protein:       | 23.9% | Riboflavin B2 (mg): | .2mg   |

**Total Fat (g):** 13g  
**Saturated Fat (g):** 5g  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 39mg  
**Carbohydrate (g):** 30g  
**Dietary Fiber (g):** 11g  
**Protein (g):** 18g  
**Sodium (mg):** 313mg  
**Potassium (mg):** 884mg  
**Calcium (mg):** 82mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 875IU  
**Vitamin A (r.e.):** 88RE

**Folacin (mcg):** 159mcg  
**Niacin (mg):** 4mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 302 **Calories from Fat:** 113

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 13g   | 20% |
| Saturated Fat              | 5g    | 25% |
| <b>Cholesterol</b>         | 39mg  | 13% |
| <b>Sodium</b>              | 313mg | 13% |
| <b>Total Carbohydrates</b> | 30g   | 10% |
| Dietary Fiber              | 11g   | 43% |
| <b>Protein</b>             | 18g   |     |
| <b>Vitamin A</b>           |       | 18% |
| <b>Vitamin C</b>           |       | 22% |
| <b>Calcium</b>             |       | 8%  |
| <b>Iron</b>                |       | 27% |

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