

MVP Chili

The Kitchen at Johnsonville Sausage
www.Johnsonville.com

Servings: 6

Yield: 12 cups

*2 packages (19 ounce ea) Johnsonville
hot italian sausage links, removed
from the casing*
1 large onion, diced
3 cloves garlic, minced
2 tablespoons chili powder
1/4 teaspoon cumin
1 can (15.5 ounce) black beans
*1 can (15.5 ounce ea) red kidney
beans*
*1 1/2 cups corn, frozen or fresh off
the cob*
1 can (28 ounce) crushed tomatoes
2 tablespoons tomato paste
*12 ounces dark beer or one cup beef
stock*
salt
pepper

Decase the sausage and saute' in a large pot.
Use a wooden spoon to crumble the sausage as
it cooks.

Once the sausage is nicely browned, stir in the
onion, garlic, chili powder and cumin. Continue
cooking until the onion softens, about 5 minutes.

Add the beer and allow it to simmer for an
additional 5 minutes scraping up any brown bits
from the bottom of the pan.

Stir in the tomatoes and tomato paste and allow
it to simmer, uncovered, for an additional 10 to
15 minutes on medium-low, stirring occasionally.

Taste and adjust the seasonings with salt and
pepper.

Stir in the beans and corn. Bring to a simmer.

Serve

Per Serving (excluding unknown
items): 272 Calories; 2g Fat (5.5%
calories from fat); 16g Protein; 52g
Carbohydrate; 12g Dietary Fiber;
0mg Cholesterol; 94mg Sodium.
Exchanges: 3 Grain(Starch); 1
Lean Meat; 1/2 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	272	Vitamin B6 (mg):	.3mg
% Calories from Fat:	5.5%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 72.0%
 % Calories from Protein: 22.5%
 Total Fat (g): 2g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 52g
 Dietary Fiber (g): 12g
 Protein (g): 16g
 Sodium (mg): 94mg
 Potassium (mg): 1166mg
 Calcium (mg): 85mg
 Iron (mg): 5mg
 Zinc (mg): 2mg
 Vitamin C (mg): 11mg
 Vitamin A (i.u.): 1196IU
 Vitamin A (r.e.): 119 1/2RE

Thiamin B1 (mg): .6mg
 Riboflavin B2 (mg): .2mg
 Folic Acid (mcg): 291mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 272 Calories from Fat: 15

% Daily Values*

Total Fat 2g 3%
 Saturated Fat trace 2%
 Cholesterol 0mg 0%
 Sodium 94mg 4%
 Total Carbohydrates 52g 17%
 Dietary Fiber 12g 49%
 Protein 16g

Vitamin A 24%
 Vitamin C 18%
 Calcium 9%
 Iron 25%

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