

Quick and Tasty Chili

Susan Stanislawek - Marshall Field's Spring Hill

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

1 pound ground beef

1 can (14-1/2 ounce) Mexican-style stewed tomatoes

1 can (14 ounce) V-8 juice, regular or spicy

1 can (15-3/4 ounce) hot chili beans

1 package (12.25 ounce) Lawry's Chili Spices & Seasonings mix

In a skillet, brown the ground beef. Drain. Add the stewed tomatoes and break into small pieces.

Add the V-8 juice (use the empty tomato can to measure the amount), chili beans and seasoning mix. Mix well. Bring to a boil over medium heat, stirring occasionally.

When the chili starts to boil, reduce the heat and simmer for 15 to 20 minutes.

Serve with macaroni and/or oyster crackers.

Soups, Chili, Stew

Per Serving (excluding unknown items): 361 Calories; 30g Fat (76.5% calories from fat); 19g Protein; 2g Carbohydrate; trace Cholesterol; 145mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.