

Skylike Chili - Skyline Chili Copycat

Tornado Ali
www.Food.com

Servings: 10

2 pounds ground beef
2 cups onions, chopped
4 cups beef stock
2 cans (8 ounce ea) tomato sauce
2 - 3 tablespoons chili powder
2 tablespoons apple cider vinegar
2 teaspoons Worcestershire sauce
1/2 ounce grated unsweetened chocolate (or 2-3/4 tablespoons cocoa)
2 teaspoons instant minced garlic
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground red pepper (or 1/2 teaspoon cayenne pepper)
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
1 bay leaf (or 1/8 teaspoon bay leaf powder)

TOPPINGS

chopped onion (optional)
finely shredded Cheddar cheese
kidney beans (optional)

Preparation Time: 15 minutes

In a skillet, brown the ground beef and onion. Drain.

Add the beef stock. Simmer for 10 minutes.

Add the remaining ingredients. Simmer, uncovered, for one hour.

Remove the bay leaf. Skim off extra fat.

Serve over hot spaghetti or hot dogs in buns as chili sauce.

Top off with plenty of cheese and other optional toppings.

Start to Finish Time: 1 hour 45 minutes

I combine all of the dry spices (times ten) and keep the "Skyline Spice Mix" in a jar canister. One batch of chili will use three-eighths cup of spice mix. The spice mix is also tasty as a meat rub for steak, pork and chicken.

Per Serving (excluding unknown items): 334 Calories; 25g Fat (67.8% calories from fat); 17g Protein; 10g Carbohydrate; 3g Dietary Fiber; 77mg Cholesterol; 1371mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	334	Vitamin B6 (mg):	.4mg
% Calories from Fat:	67.8%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	11.7%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	20.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	25g	Folacin (mcg):	23mcg
Saturated Fat (g):	10g	Niacin (mg):	5mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	77mg	% Refuse:	0 0%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	2
Sodium (mg):	1371mg	Vegetable:	1
Potassium (mg):	576mg	Fruit:	0
Calcium (mg):	41mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	4
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	2057IU		
Vitamin A (r.e.):	206RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 334 Calories from Fat: 227

		% Daily Values*
Total Fat	25g	39%
Saturated Fat	10g	50%
Cholesterol	77mg	26%
Sodium	1371mg	57%
Total Carbohydrates	10g	3%
Dietary Fiber	3g	12%
Protein	17g	
Vitamin A		41%
Vitamin C		16%
Calcium		4%
Iron		20%

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