

# Slow Cooker Barbecue Chili with Corn Chips

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## Servings: 4

*1 3/4 pounds beef stew meat, cubed*  
*2 tablespoons ancho chile powder*  
*2 tablespoons light brown sugar, packed*  
*1 tablespoon sweet paprika*  
*2 teaspoons ground cumin*  
*Kosher salt*  
*freshly ground pepper*  
*1/3 cup chili sauce*  
*1 tablespoon red wine vinegar*  
*1 tablespoon yellow mustard*  
*2 teaspoons Worcestershire sauce*  
*1 can (16 ounce) chile beans, undrained*  
*1 teaspoon red wine vinegar*  
*corn chips (for topping)*  
*shredded cheddar cheese (for topping)*  
*sour cream (for topping)*  
*sliced scallions (optional) (for topping)*

## Preparation Time: 15 minutes

### Slow Cooker: 8 hours

In a six- to seven-quart slow cooker, toss the beef with the chili powder, brown sugar, paprika, cumin, 1/2 teaspoon salt and a few grinds of pepper.

In a bowl, whisk the chili sauce with one tablespoon of vinegar, mustard and Worcestershire sauce. Add to the slow cooker along with the beans.

Cover and cook on LOW until the beef is tender, seven to eight hours.

Uncover and stir to combine. Let sit, uncovered, for 10 minutes. Stir in the one teaspoon of vinegar.

Serve with corn chips and toppings.

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Per Serving (excluding unknown items): 365 Calories; 17g Fat (44.6% calories from fat); 42g Protein; 7g Carbohydrate; 1g Dietary Fiber; 109mg Cholesterol; 197mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	365	Vitamin B6 (mg):	.8mg
% Calories from Fat:	44.6%	Vitamin B12 (mcg):	6.2mcg
% Calories from Carbohydrates:	7.5%	Thiamin B1 (mg):	.2mg

% Calories from Protein: 47.9%  
 Total Fat (g): 17g  
 Saturated Fat (g): 7g  
 Monounsaturated Fat (g): 8g  
 Polyunsaturated Fat (g): trace  
 Cholesterol (mg): 109mg  
 Carbohydrate (g): 7g  
 Dietary Fiber (g): 1g  
 Protein (g): 42g  
 Sodium (mg): 197mg  
 Potassium (mg): 1081mg  
 Calcium (mg): 34mg  
 Iron (mg): 5mg  
 Zinc (mg): 11mg  
 Vitamin C (mg): 18mg  
 Vitamin A (i.u.): 1494IU  
 Vitamin A (r.e.): 150RE

Riboflavin B2 (mg): .4mg  
 Folic Acid (mcg): 17mcg  
 Niacin (mg): 7mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 6  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 0  
 Other Carbohydrates: 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 365 Calories from Fat: 163

### % Daily Values\*

<b>Total Fat</b>	17g	27%
Saturated Fat	7g	34%
<b>Cholesterol</b>	109mg	36%
<b>Sodium</b>	197mg	8%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	2%
<b>Protein</b>	42g	

<b>Vitamin A</b>	30%
<b>Vitamin C</b>	30%
<b>Calcium</b>	3%
<b>Iron</b>	26%

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