

# Sonoran Style Chili

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

## Servings: 10

1 four to five pound boneless rump  
roast, trimmed of fat  
1 pound Italian spicy sausage  
2 large cans stewed tomatoes  
6 strips bacon  
1 medium onion, diced  
1 jar (4-6 ounce) mild jalapeno salsa  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon oregano  
1/2 teaspoon garlic powder  
crushed red pepper (to taste)

Cut the rump roast into bite-size strips. Brown in two tablespoons of oil. Once browned, skim off the fat and set the beef aside (use the beef juice in the chili).

Brown the sausage; crumble into chunks in the skillet while cooking. Drain the grease and set the sausage aside.

Cook the bacon until crisp and set aside to drain. When cooled, crumble the bacon into pieces. Sauté the onion in the bacon grease.

In a large pot (4 to 6 quart), combine the tomatoes, salsa, salt, pepper, oregano, garlic powder and crushed red pepper. Heat to a rolling boil. Add the beef, sausage and bacon. Return to a rolling boil then reduce the heat to a simmer. Cover and simmer for one and one-half hours,

The chili is good served with warm flour tortillas or cornbread.

*All spices are given in approximate measurement and can be varied to suit taste. The salsa may also be increased or decreased to suit. If you make the chili one to two days ahead of time, you can refrigerate it then reheat when needed. The chili is better.*

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Per Serving (excluding unknown items): 41 Calories; 2g Fat (40.7% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 287mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.

Beef, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	trace
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% Calories from Fat:	40.7%
% Calories from Carbohydrates:	42.7%
% Calories from Protein:	16.7%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	287mg
Potassium (mg):	161mg
Calcium (mg):	22mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	279IU
Vitamin A (r.e.):	28RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 41 Calories from Fat: 17

### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	1g	3%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	287mg	12%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	3%
<b>Protein</b>	2g	
<b>Vitamin A</b>		6%
<b>Vitamin C</b>		13%
<b>Calcium</b>		2%
<b>Iron</b>		3%

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