

Spicy Chili

Servings: 12

Shredded cheddar cheese and chopped onion can be added, if desired. Also, a dollop of sour cream can cut some of the spiciness of the chili. Spiciness can be increased by adding additional jalapenos.

1 1/2 pounds ground beef
1 1/2 pounds bulk Italian sausage
3 cans (14 1/2 oz) stewed tomatoes
2 cans (16 oz) kidney beans, rinsed and drained
1 cup onion, chopped
1 large green pepper, chopped
1 can (6 oz) tomato paste
2 jalapeno peppers, finely chopped
2 tablespoons chili powder
2 tablespoons white vinegar
1 tablespoon spicy brown mustard
1 tablespoon dried oregano
2 cloves garlic, minced
1 1/2 teaspoons ground cumin
1 1/2 teaspoons hot pepper sauce
1 teaspoon salt
1 teaspoon paprika

In a Dutch oven, cook beef and sausage over medium heat until no longer pink; drain.

Add the remaining ingredients; bring to a boil.

Reduce heat; simmer, uncovered, for 30 minutes, stirring frequently.

Yield: 3 quarts

Per Serving (excluding unknown items): 321 Calories; 16g Fat (43.4% calories from fat); 18g Protein; 28g Carbohydrate; 10g Dietary Fiber; 48mg Cholesterol; 356mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.