
Texas Red Chili

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

1 pound ground beef
1 medium onion, chopped
1 1/2 tablespoons chili powder
1 1/4 teaspoons salt
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1/8 teaspoon ground cumin
1 tablespoon vinegar
1 can (16 ounce) tomato sauce
2 cups water
2 cups pinto beans, cooked (or one can ranch-style beans)

In a Dutch oven, brown the ground beef and the onion. Drain off the fat. Add the vinegar and the seasonings. Stir well.

Add the tomato sauce, beans and water. Simmer over low heat for 30 minutes. (If you prefer thick chili, place two tablespoons of flour in a jar and add 1/2 cup of water. Cover and shake until mixed. Pour into the chili and stir well.)

Serve with slices of Longhorn cheese, cold crisp apple, and Mexican cornbread.

(Place the chili on hot dogs for real Coney Island dogs.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 391 Calories; 31g Fat (70.4% calories from fat); 20g Protein; 9g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 1147mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.