

Kitchen Sink Chili

Yield: 14 min
Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-als-italian-beef-chicago>

Ingredients:

- 3 tablespoons vegetable oil divided
- 1 1/2 pounds boneless short ribs trimmed and cut into 1/2-inch cubes
- 1 pound ground beef
- 1/2 pound pork sausage spicy or mild, removed from their casings
- 1 yellow onion diced
- 3 cloves garlic
- 1 jalapeno seeded and diced
- 2 banana peppers seeded and diced
- 1 red bell pepper roasted, seeded and diced
- 2 Anaheim chiles roasted, peeled and chopped
- 2 poblano chiles roasted, peeled and chopped
- 2 1/2 tablespoons chili powder
- 2 tablespoons smoked paprika
- 1 1/2 tablespoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cinnamon
- 2 cups tomato puree
- 6 ounces tomato paste about 3/4 cup
- 12 ounces ale apricot, or flavor of your choice
- 1/2 cup chicken stock
- 2 ears fresh corn kernels and milk removed from cob
- 1 mexican chocolate disc, broken into chunks
- 15 ounces pinto beans with juices
- 15 ounces kidney beans with juices
- 15 ounces black beans drained
- 1 bunch green onions thinly sliced
- 1 cup shredded cheddar

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 80 milligrams
4. Fat: 34 grams
5. Fiber: 7 grams
6. Protein: 24 grams
7. SaturatedFat: 13 grams
8. Sodium: 600 milligrams
9. Sugar: 7 grams

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