

# Low Carb Beanless Chili

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/beanless-chili-italian-sausage-beef-slow-cooker-recipe>

## Ingredients:

- 2 tablespoons butter or ghee
- 2 bell peppers chopped
- 1 yellow onion chopped
- 1 cup chopped celery
- 1 pound ground beef
- 1 pound ground Italian sausage
- 28 ounces diced tomatoes
- 14 ounces tomato sauce
- 2 cups beef broth
- 6 ounces brewed coffee strong
- 1 tablespoon cumin
- 2 tablespoons chili powder add more to make it spicy
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon ground oregano
- 1 teaspoon salt
- 1 teaspoon black pepper

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 180 milligrams
4. Fat: 62 grams
5. Fiber: 9 grams
6. Protein: 45 grams
7. SaturatedFat: 24 grams
8. Sodium: 2390 milligrams
9. Sugar: 18 grams

10. TransFat: 1 grams

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