

# Italian Chili

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/rachael-ray-italian-chili-recipe>

## Ingredients:

- 1 pound ground beef
- 1/2 cup chopped onion
- 16 ounces sliced mushrooms
- 14 ounces diced tomatoes with garlic & onion
- 26 ounces spaghetti sauce
- 1 cup water
- 16 ounces red kidney beans drained and rinsed
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup shredded mozzarella cheese

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 105 milligrams
4. Fat: 30 grams
5. Fiber: 8 grams
6. Protein: 42 grams
7. SaturatedFat: 12 grams
8. Sodium: 1330 milligrams
9. Sugar: 23 grams
10. TransFat: 1 grams

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