

# Ken's Texas Chili

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-west-texas-chili-recipe>

## Ingredients:

- 2 pounds ground beef
- 1/2 teaspoon garlic powder
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 3 tablespoons all-purpose flour
- 1 tablespoon dried oregano
- 28 ounces beef broth
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 46 1/2 ounces pinto beans drained

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 7 grams
8. Sodium: 810 milligrams
9. TransFat: 1 grams

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