

Southern Chili

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-new-mexican-chili-beans>

Ingredients:

- 1 pound ground chuck ground beef, works too
- 1 yellow onion medium, diced
- 1 package chili seasoning mix your choice
- 16 ounces chili beans any spice level
- 29 ounces chili diced, ready tomatoes with the juice
- 1/2 cup water
- 2/3 cup dry pasta like spaghetti broken into short pieces

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 80 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 7 grams
8. Sodium: 1510 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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