

# Copycat Johnny Carino's Italian Chili

Yield: 7 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/johnny-carino-s-italian-meatloaf-recipe>

## Ingredients:

- 1 pound italian sausage
- 1 bell pepper chopped
- 1/2 onion chopped
- 3 cups tomato juice
- 14 1/2 ounces diced tomatoes
- 1 cup chicken broth
- 1 can navy beans
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano
- 1 teaspoon dried basil
- salt
- pepper
- Parmesan cheese grated, garnish, optional

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 50 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 650 milligrams
9. Sugar: 7 grams

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