

# Chili Lovers Chili

Yield: 4 min

Total Time: 205 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-chili-recipe>

## Ingredients:

- 2 pounds ground beef
- 1 pound italian sausage
- 1 onion large, diced
- 1 bell pepper diced
- 15 ounces diced tomatoes cans, not drained
- 6 ounces tomato paste I use Contadina and fill can with water
- 15 ounces tomato sauce
- 1 beef broth 14 ounce can
- 2 chili 16 ounce cans Brook's, hot beans, not drained
- 2 red kidney beans 15 ounce cans dark, drained and rinsed
- 1/4 cup chili powder I use McCormick Chili Powder
- 1 tablespoon granulated garlic
- 2 tablespoons onion powder
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper
- 1/2 teaspoon chili flakes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon white sugar
- 5 Louisiana Hot Sauce or so dashes, or more if you like it spicier - Crystal's is our brand of choice
- 1 teaspoon salt

## Nutrition:

1. Calories: 1140 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 245 milligrams
4. Fat: 75 grams
5. Fiber: 10 grams

6. Protein: 70 grams
7. SaturatedFat: 28 grams
8. Sodium: 3810 milligrams
9. Sugar: 22 grams
10. TransFat: 2.5 grams

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