

# New Year's Eve Beef Chili

Yield: 10 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-new-year-s-eve-dinner>

## Ingredients:

- 2 onions large, finely chopped, about 3 cups
- 4 tablespoons vegetable oil
- 3 garlic cloves minced
- 2 large carrots peeled and diced
- 3 pounds ground beef I used 80/20
- 4 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 tablespoons sweet paprika
- 1 tablespoon oregano
- red pepper flakes to taste, I used ½ teaspoon, knowing that my flakes are very hot
- 16 ounces tomato sauce
- 1 1/4 cups beef broth
- 3 tablespoons cider vinegar
- 30 ounces kidney beans
- 2 green bell peppers seeded and diced
- salt and ground black pepper Fine grain, to taste

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 95 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 33 grams
7. SaturatedFat: 9 grams
8. Sodium: 420 milligrams
9. Sugar: 7 grams
10. TransFat: 1.5 grams

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