

Slow Cooker Chili

Yield: 6 min
Total Time: 55 min

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

Ingredients:

- 2 pounds ground beef
- 1 large yellow onion finely chopped
- 1 green bell pepper seeded and finely chopped
- 1 jalapeno pepper seeded and finely chopped
- 1 teaspoon ground cumin
- 28 ounces diced tomatoes juice reserved
- 28 ounces pinto beans drained and rinsed
- 1/2 teaspoon salt
- 1 tablespoon chili powder
- 1 teaspoon cayenne pepper

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 105 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 33 grams
7. SaturatedFat: 9 grams
8. Sodium: 380 milligrams
9. Sugar: 5 grams
10. TransFat: 1.5 grams

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