

# The Best Chili

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chili-recipe-with-beer>

## Ingredients:

- 2 pounds lean ground beef
- 1 onion diced
- 1 jalapeno seeded and finely diced
- 4 cloves garlic minced
- 2 1/2 tablespoons chili powder divided, or to taste
- 1 teaspoon cumin
- 1 green bell pepper seeded and diced
- 14 1/2 ounces crushed tomatoes canned
- 19 ounces kidney beans canned, drained & rinsed
- 14 1/2 ounces diced tomatoes with juice
- 1 1/2 cups beef broth
- 1 cup beer
- 1 tablespoon tomato paste
- 1 tablespoon brown sugar optional
- salt
- pepper to taste

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 70 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 430 milligrams
9. Sugar: 4 grams

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