

Chuck's Venison Chili

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 pound venison ground
- 1/2 onion a medium, chopped
- 1 clove garlic minced
- 1 jalapeño pepper diced
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 15 ounces red kidney beans drained & rinsed
- 15 ounces black beans
- 1/2 cup corn fresh or frozen
- 14 1/2 ounces diced tomatoes
- 14 1/2 ounces tomato sauce
- salt
- pepper

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 20 milligrams
4. Fat: 10 grams
5. Fiber: 12 grams
6. Protein: 33 grams
7. SaturatedFat: 2 grams
8. Sodium: 860 milligrams
9. Sugar: 11 grams

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