

# Southern Style Hot Dog Chili

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-hot-dog-chili-recipe>

## Ingredients:

- 1 pound lean ground beef or ground turkey
- 1/2 onion finely chopped
- 2 cloves garlic minced
- 2 1/2 tablespoons chili powder
- 1 teaspoon sugar
- 1/2 teaspoon cumin
- 1 teaspoon worcestershire sauce
- 3 tablespoons tomato paste
- 1 cup beef broth or water
- 3 tablespoons corn meal
- 1/2 tablespoon kosher salt to taste
- vegetable oil

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 70 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 1330 milligrams
9. Sugar: 4 grams

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