

Sweet Italian Chili

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-chili-recipe>

Ingredients:

- 1 1/2 pounds 95% lean ground beef
- 3/4 cup chopped bell pepper
- 1/2 cup fresh parsley chopped
- 3/4 cup chopped onion
- 3/4 cup celery thinly sliced
- 2 cans kidney beans drained, 16 ounces
- 1 can stewed tomatoes 16 ounces
- 1 can tomato paste 12 ounce
- 2 cups water
- 1/3 cup sugar
- 2 teaspoons sweet basil leaves dried
- 1/2 teaspoon dried oregano
- 2 teaspoons salt
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 cloves garlic minced
- 2 tablespoons glaze Mason Dixon Mix n

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 28 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 9 grams
6. Sodium: 1030 milligrams
7. Sugar: 16 grams

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