

# Dad's Spicy Chili

Yield: 16 min  
Total Time: 85 min

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

## Ingredients:

- 24 ounces small red beans
- 2 pounds italian sausage or 1 lb. Italian sausage and 1 lb. ground hamburger
- 1 onion large, diced
- 6 bay leaves
- 1 teaspoon salt
- 56 ounces diced tomatoes
- 16 ounces tomato sauce
- 6 ounces tomato paste
- 3 tablespoons chili powder
- 3 tablespoons ground cumin
- 1 tablespoon granulated sugar
- 1 teaspoon black pepper
- 1 teaspoon crushed red pepper
- 1/3 cup jalapeño slices

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 45 milligrams
4. Fat: 19 grams
5. Fiber: 10 grams
6. Protein: 20 grams
7. SaturatedFat: 7 grams
8. Sodium: 790 milligrams
9. Sugar: 9 grams

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