



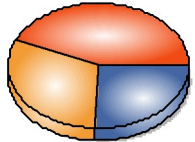
# Graeme Thomas Online

## Because "Good Enough", Isn't!

<http://graemethomasonline.com>

### Old Fashioned Chili

Recipe grams: 2401.10g/84.7oz  
Serves 6 400.18g/14.1oz per serving



Protein: 26%  
Carbohydrates: 31%  
Fat: 43%

#### INGREDIENTS

- 1.5 lb BEEF GROUND, RAW, USDA Commodity, bulk/coarse ground, frozen
- 1.5 cup ONION, RAW, chopped
- 1 medium GREEN PEPPER, SWEET, RAW (BELL), 2.75" long, 2.5" dia
- 2 cloves GARLIC, RAW
- 6 oz TOMATO PASTE, CANNED, NO SALT, 1 can
- 3 tbsp CHILI POWDER
- 1 tbsp MUSTARD SEED, YELLOW
- 1 cup MUSHROOM, RAW, pieces or slices
- 2 cup TOMATO SAUCE W/ONION, can
- 2 cup KIDNEY BEAN, CANNED, all types, mature seeds
- 2 medium-stalk CELERY, RAW, 7.5" - 8" long stalk

#### DIRECTIONS

1. In a skillet, brown ground beef.
2. Drain fat, then place in slow cooker.
3. Sauté onion, mushrooms and garlic in skillet, then transfer to slow cooker.
4. Add kidney beans, tomato sauce, tomato paste, chili powder, and mustard powder to slow cooker; mix well. Feel free to add oregano, basil, cumin, and black pepper as desired.
5. Cover; slowcook on LOW 4 to 6 hours or on stove 1 to 1/12 (make sure to stir occasionally with this method).
6. Add green peppers (chopped) and celery (chopped) 30 minutes prior to removing from heat.

Nutrition Facts	
Serving Size: 1 serving (400.2g)	
Servings: 1	
Amount Per Serving	
Calories 430	Calories from Fat 190
% Daily Value*	
<b>Total Fat</b> 21g	<b>35%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 80mg	<b>25%</b>
<b>Sodium</b> 850mg	<b>35%</b>
<b>Total Carbohydrate</b> 35g	<b>10%</b>
Dietary Fiber 9g	<b>35%</b>
Sugars 8g	
<b>Protein</b> 29g	
Vitamin A 45%	• Vitamin C 70%
Calcium 10%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet.	