



All-American Chili

This **all-American** chili recipe is perfect for an outdoor cookout but can also be made on the stove for a comfort classic on a cold day.

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Yield: 8 servings (serving size: 1 1/4 cups chili and 1 tablespoon cheese)

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Ingredients

6 ounces hot turkey Italian sausage	3 tablespoons tomato paste
2 cups chopped onion	1 teaspoon dried oregano
1 cup chopped green bell pepper	1/2 teaspoon freshly ground black pepper
8 garlic cloves, minced	1/4 teaspoon salt
1 pound ground sirloin	2 bay leaves
1 jalapeño pepper, chopped	1 1/4 cups Merlot or other fruity red wine
2 tablespoons chili powder	2 (28-ounce) cans no-salt-added whole tomatoes, undrained and coarsely chopped
2 tablespoons brown sugar	2 (15-ounce) cans no-salt-added kidney beans, drained
1 tablespoon ground cumin	1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

Preparation

Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble.

Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.

Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese.

Note: Like most chilis, this version tastes even better the next day.

Nutritional Information

Amount per serving

Calories: 286 Calories from fat: 29% Fat: 7.5g Saturated fat: 2.1g Monounsaturated fat: 1.1g

Polyunsaturated fat: .4g Protein: 22.4g Carbohydrate: 28.5g Fiber: 6.5g Cholesterol: 48mg Iron: 5.1mg

Sodium: 460mg Calcium: 169mg

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