



Manny's Spicy Chili

Beef | Beans- Legumes | Chili | Tex-Mex-Southwestern

RATING ★★★★★	SERVINGS 6	DIFFICULTY Easy
PREP TIME 15 mins	COOK TIME 30 mins	TOTAL TIME 45 mins

Ingredients

1 pound ground beef
1 large onion, diced
2 teaspoons chili powder
1 teaspoon ancho chili powder
1 teaspoon cumin
1 teaspoon oregano
1/2 teaspoon dry cilantro
1/2 teaspoon black pepper
1 teaspoon salt
5 cloves garlic, finely chopped
1 (10-ounce) can Rotel tomatoes,
undrained
1 (8-ounce) can tomato sauce
1 (16-ounce) can chili beans,
drained and rinsed
1 (14.5-ounce) can diced tomatoes,
undrained
½ cup beef broth

For Serving:

sour cream, sliced green onion,
shredded Mexican cheese blend for
topping

Nutrition

Calories: 403kcal | Carbohydrates: 22g
| Protein: 25g | Fat: 24g | Saturated
Fat: 9g | Polyunsaturated Fat: 1g |
Monounsaturated Fat: 10g | Trans Fat:
1g | Cholesterol: 81mg | Sodium:
982mg | Potassium: 1032mg | Fiber:
5g | Sugar: 9g | Vitamin A: 392IU |
Vitamin C: 17mg | Calcium: 93mg |
Iron: 5mg

Directions

Sauté peppers, onions, and garlic until the onions are translucent.

Add the ground beef and break it into small crumbles.

Continue cooking until the ground beef is no longer pink.

Drain off grease if necessary.

Add the remaining ingredients and simmer on low heat for 30 minutes.

Taste and adjust salt as needed.

Serve with toppings.