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Windy City Chili ••

Windy City Chili is a classic chili recipe that originated in Chicago. It is a hearty and flavorful dish that is perfect for cold winter nights. The chili is made with ground beef, beans, tomatoes, and a blend of spices. It is traditionally served with cornbread or crackers. This recipe is easy to make and can be customized to suit your taste preferences.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	Ground Beef
150 g	onion
3 cloves	garlic
150 g	Red Bell Pepper

400 g	Kidney Beans
800 g	crushed tomatoes
500 ml	beef broth
2 tsp	Chili powder
1 tsp	Cumin
1 tsp	Paprika
0.5 tsp	Cayenne pepper
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Stove

In a large pot, cook the ground beef over medium heat until browned. Drain any excess fat.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

Add the onion, garlic, and red bell pepper to the pot. Cook until the vegetables are softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Stir in the chili powder, cumin, paprika, cayenne pepper, salt, and black pepper. Cook for 1 minute to toast the spices.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Add the crushed tomatoes, beef broth, and kidney beans to the pot. Bring to a simmer and let cook for 45 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 45 mins

Step 5

Serve the chili hot with your choice of toppings, such as shredded cheese, sour cream, and chopped green onions.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Game Day

Course

Main Dishes

Side Dishes

Salads

Soups

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Difficulty Level

Medium

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