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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** 

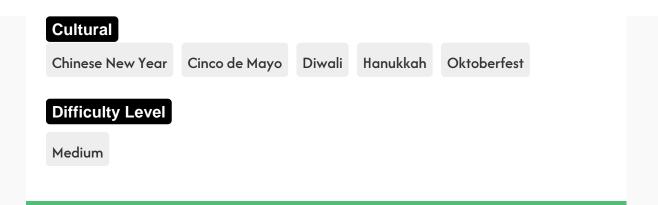
Breakfast Lunch Snack Dinner

Events

Picnic Game Day

Course

Main Dishes Side Dishes Salads Soups Snacks



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