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Texas Style Chili ♦

Texas style chili is a hearty and spicy stew made with beef, chili peppers, and spices. It is traditionally served with cornbread or crackers. This recipe has been passed down through generations and is a favorite at cookouts and chili cook-offs.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 120 mins

Total Time: 140 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

1000 g	Ground Beef
200 g	onion
4 cloves	garlic
4 c	beef broth
2 c	tomato sauce

2 c	diced tomatoes
4 tbsp	chili powder
2 tsp	cumin
2 tsp	paprika
1 tsp	cayenne pepper
1 tsp	salt
1 tsp	black pepper
2 c	kidney beans
150 g	Green Bell Pepper
150 g	Red Bell Pepper
1 c	cornmeal
2 c	water

Directions

Step 1

Stove

In a large pot, brown the ground beef over medium heat.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stove

Add the onion and garlic to the pot and cook until the onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Stir in the beef broth, tomato sauce, diced tomatoes, chili powder, cumin, paprika, cayenne pepper, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Simmer the chili for 1 hour, stirring occasionally.

Prep Time: 0 mins

Cook Time: 60 mins

Step 5

Stove

Add the kidney beans, green bell pepper, and red bell pepper to the pot. Simmer for an additional 30 minutes.

Prep Time: 5 mins

Cook Time: 30 mins

Step 6

Stove

In a small bowl, mix the cornmeal and water to make a slurry. Stir the slurry into the chili to thicken it.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Stove

Simmer the chili for another 10 minutes, until thickened.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
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	100 mg	10%	10%
Iron	6 mg	75%	33.33%
Potassium	800 mg	23.53%	30.77%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Meal Type

Breakfast

Lunch

Snack

Dinner

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Difficulty Level

Easy

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