



Elliott Evans Nutrition, LLC
Prevent and Protect
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GAME DAY CHILI ***(Southern Living)***

Makes 8-10 Servings

- 2 lbs of ground chuck
- 1 medium onion, chopped
- 3-4 garlic cloves, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1-2 teaspoons of ground red pepper
- 1 teaspoon paprika
- 1 (6-oz) can tomato paste
- 1 (14.5 oz) can beef broth
- 1 (12 oz) bottle dark beer
- 3 (8 oz) cans tomato sauce
- 2 (15-oz) cans pinto beans, drained and rinsed
- 1 (4.5-oz) can chopped green chiles, undrained
- 1 tablespoon Worcestershire sauce

Cook first 3 ingredients in a 5-6 quart Dutch oven over medium heat, stirring occasionally, 8-10 minutes or until meat crumbles and is no longer pink. Drain well, and return to Dutch oven. Add chili powder and next 3 ingredients; cook 1 minute. Add tomato paste, and cook 1 minute. Add remaining ingredients and bring to a boil. Cover, reduce heat to low, and simmer 2 hours.