



my. recipes

Real Texas Chili

In the Lone Star state, Texan Chili purists insist that chili has no beans. Any beef stew meat will work in this dish: top or bottom round, rump roast, or chuck.



Photo by: Karry Hosford

YIELD: 8 servings (serving size: about 1 cup chili, 1 tablespoon sour cream, and 1 tablespoon onion)
COURSE: Soups/Stews

Ingredients

- Cooking spray
- 2 pounds beef stew meat
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cracked black pepper
- 3 cups chopped onion
- 1 tablespoon cumin seeds
- 3 tablespoons finely chopped jalapeño pepper
- 6 garlic cloves, minced
- 1 cup dry red wine
- 1/4 cup white vinegar
- 2 tablespoons chili powder
- 2 tablespoons dried oregano
- 1 (14 1/4-ounce) can low-salt beef broth
- 1 (12-ounce) can beer
- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped onion
- 1/2 cup fat-free sour cream

Preparation

Heat a large Dutch oven coated with cooking spray over medium-high heat. Sprinkle beef with salt and pepper. Place

half of beef in pan; cook 8 minutes or until browned. Remove from pan. Repeat procedure with remaining beef; remove from pan.

Add 3 cups onion to pan; sauté 5 minutes or until lightly browned. Add cumin, jalapeño, and garlic; sauté 1 minute. Add wine, scraping pan to loosen browned bits. Return beef to pan.

Stir in vinegar and next 4 ingredients (vinegar through beer); bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender, stirring occasionally. Uncover and simmer 1 hour, stirring occasionally. Stir in cilantro. Serve with onion and sour cream.

Nutritional Information

Amount per serving

Calories: 268

Calories from fat: 30%

Fat: 9g

Saturated fat: 3.3g

Monounsaturated fat: 3.7g

Polyunsaturated fat: 0.6g

Protein: 25.1g

Carbohydrate: 13.8g

Fiber: 2.7g

Cholesterol: 72mg

Iron: 4.3mg

Sodium: 218mg

Calcium: 85mg

Nutrition Guidelines for Healthy Living

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