










Chilis Original Chili Recipe

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Here is the chili recipe that Chilis started serving in their restaurants. This is the no bean chili recipe that put them on the map.

 Course	Soup
 Cuisine	American
 Keyword	Chilis Recipes, Keto, Low Carb
 Prep Time	10 minutes
 Cook Time	1 hour 10 minutes
 Total Time	1 hour 20 minutes
 Servings	8
 Calories	626
 Author	Stephanie Manley

Ingredients

Chili Spice Blend

- 1/2 cup chili powder
- 1/8 cup salt you can use less if desired
- 1/8 cup ground cumin
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper add more if desired

Chili ingredients

- 4 pounds ground chuck - ground for chili
- 3 1/4 cups water
- 16 ounces tomato sauce
- 1 1/2 cups chopped yellow onions
- 1 tablespoon cooking oil
- 1 cup water
- 1 tablespoon masa harina

Instructions

In a small bowl combine the chili spice ingredients, mix thoroughly. Heat

a 6-quart stock pot over medium heat. Place meat into the stock pot and cook until the meat is browned. Drain if desired. While meat is browning combine chili spice mix, 3 1/4 cups of water, and tomato sauce in the bowl. Stir until well blended.

Add chili seasoning liquid to the browned meat. Stir well, and bring to a boil. Saute onions in 1 tablespoon of cooking oil over medium heat in a skillet until the onions are translucent. Add the onions to the chili. Reduce the chili to low and simmer for one hour stirring every 15 minutes. In a

separate bowl, mix 1 cup water with masa harina. Mix well. Add to chili stock pot, and cook for an additional 10 minutes.

Nutrition

Calories: 626kcal | Carbohydrates: 7g | Protein: 40g | Fat: 47g | Saturated Fat: 17g | Cholesterol: 161mg | Sodium: 2226mg | Potassium: 873mg | Fiber: 1g | Sugar: 3g | Vitamin A: 780IU | Vitamin C: 6.4mg | Calcium: 62mg | Iron: 5.3mg



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