
Chili con Carne (1971 Betty Crocker Recipe Cards)

Debby

1971 Betty Crocker Recipe Library cards

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 2 hours

from Betty Crocker recipe cards bought in Oregon in 1975, the old stand by and the best so far! Some tweaking has taken place

Score: 7 1/2

1 1/2 pounds ground beef

1 1/2 cups onion, chop in large piece

1 1/2 cups green pepper, chop in large piece

28 ounces tomatoes

8 ounces tomato sauce

1 1/2 teaspoons chili powder

1/2 teaspoon penzey's 300 chili pepper

1 teaspoon salt

1/4 teaspoon cayenne pepper

1/4 teaspoon paprika

1/4 teaspoon cumin

15 1/2 ounces red kidney beans

In large skillet, cook and stir meat, onion and green pepper until meat is brown and onion is tender. Drain off fat. Stir in tomatoes (with liquid) and remaining ingredients except kidney beans.

Heat to boiling. Reduce heat; cover and simmer 2 hours, stirring occasionally. Stir in kidney beans; heat through.

Beef, Casseroles, Dean

Per Serving (excluding unknown items): 995 Calories; 47g Fat (42.3% calories from fat); 57g Protein; 89g Carbohydrate; 22g Dietary Fiber; 145mg Cholesterol; 1034mg Sodium. Exchanges: 4 1/2 Grain(Starch); 6 Lean Meat; 3 1/2 Vegetable; 7 Fat.