

PRESIDENT LYNDON B. JOHNSON

PEDERNALES RIVER CHILI

12-16
SERVINGS

20 MINS
PREP TIME

1 HOUR
COOK TIME

INGREDIENTS

- 4 pounds beef, coarsely ground (chili-grind)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon oregano, dried
- 1 teaspoon ground cumin
- 6 teaspoons chili powder
- 2 (16-ounce) cans whole tomatoes, cut up
- 2–6 dashes hot sauce, or to taste
- Salt to taste
- 2 cups hot water

INSTRUCTIONS

1. In a large frying pan, brown meat with onion and garlic until meat is lightly browned; transfer ingredients to a large heavy kettle or cast-iron Dutch oven.
2. Add oregano, cumin, chili powder, tomatoes, hot sauce, salt, and hot water. Bring just to a boil; lower heat and simmer, covered, for approximately 1 hour.
3. Remove from heat. Skim off grease and serve.

PEDERNALES RIVER CHILI



NUTRITION PER SERVING (12 SERVINGS)

Calories 410 • Total Fat 31g • Saturated Fat 12g • Sodium 240mg • Total Carbohydrates 5g • Dietary Fiber 1g • Added Sugars 0g • Protein 27g

DIETITIAN'S NOTE

Use lean ground beef (93% lean) to reduce saturated fat. Pair this high-protein dish with a fiber source. Serving over quinoa or brown rice, or adding beans to the recipe would increase the fiber content.

Adapted from: What's Cooking America