

Delicacé Gourmet Product Information

Tarpon Springs, Florida 34688

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48241 Southwest Roadhouse Chili

This culinary trip to the Southwest brings the best chili flavors to your dinner table.

Just add Ground beef and Tomatoes.

Ingredients: Kidney Beans, Dehydrated Onions and Bell Peppers, Chili Powder, Minced Garlic, Sea Salt, Jalapeño Peppers and Black Pepper.

Ingredients needed

- 1 15 oz can of tomato sauce
- 1 14 ½ oz can of petite diced tomatoes
- 1 lb. lean ground beef
- 3 cups of water or low sodium beef broth

Cooking Instructions

1. Brown the ground beef in a non-stick skillet.
2. Drain the ground beef and evenly spread in the bottom of the slow cooker.
3. Wash and sort beans then layer the beans over the ground beef.
4. Sprinkle the contents of the vegetable and spice packet over the beans.
5. Top evenly with the diced tomatoes and tomato sauce. **Do not stir.**
6. Slowly pour 3 cups of water over the ingredients.
7. Cover & cook on high for 4-6 hours or low for 8-10 hours. **Do not lift lid while cooking.**

Serving Suggestions

Top with sour cream, shredded cheese, onions and sliced jalapeños.

Serve with tortilla chips or warm corn bread.

For nachos pour over corn chips and top with any combination of ; shredded lettuce, fresh diced tomatoes, shredded cheese, sour cream, guacamole, onions, sliced black olives and sliced jalapeños.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. In a large bowl, sort through beans, cover with water and let soak for 8 hours or, overnight if possible.
2. Rinse beans and place beans in a large 4 to 6 quart sauce pot.
3. Add 3 cups of water or broth.
4. Cover, place stove on low or medium low heat and let bubble for one hour, stirring often. Add more water if needed.
5. While beans are cooking, brown ground beef, making sure to drain beef well and seat aside for later.
6. Once beans start to soften, add tomato sauce, diced tomatoes and the contents of the vegetable and spice packets. Cover and let simmer for one hour. Stir and add water if needed.
7. With pot on simmer, add ground beef and let cook 30 to 45 minutes more to heat the beef thoroughly.
8. Once completed, add salt, pepper or hot sauce if needed. Garnish and serve.

Nutrition Facts

Serving Size As Packaged 1.25 oz. (35g)

As Prepared 9.25 oz (262g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
Calories	120	270	
Calories from Fat	5	70	
% Daily Value**			
Total Fat 0.5g*	1%	11%	
Saturated Fat 0g	0%	14%	
Trans Fat 0g			
Cholesterol 0mg	0%	17%	
Sodium 30mg	1%	16%	
Total Carbohydrate 23g	8%	9%	
Dietary Fiber 5g	21%	23%	
Sugars 3g			
Protein 7g			
Vitamin A	10%	15%	
Vitamin C	50%	70%	
Calcium	4%	8%	
Iron	15%	25%	
<small>* Amount in Mix. As prepared, one serving provides 7g total fat (3g saturated fat), 50mg cholesterol, 370mg sodium, 27g carbohydrate (6g fiber, 5g sugar) and 24g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4