

  
**THICK  
& EASY**

# Level 5 Chili





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IDDSI LEVELS **5** **6** **7**



## INGREDIENTS

	6 Servings	12 Servings
Olive oil	2 tbsp	1/4 cup
Onion, finely diced or ground to appropriate size	1 1/2 cups	3 cups
Garlic, minced	1 tbsp	2 tbsp
Oregano, dried	1 1/2 tsp	3 tsp
Chili powder	2 tbsp	1/4 cup
Cumin	1 tsp	2 tsp
Dry ground mustard	1 tsp	2 tsp
Salt	1 tsp	2 tsp
Black pepper	1/2 tsp	1 tsp
<b>HERB-OX® Beef Bouillon Packets</b> Item: 35188	1 cup	2 cups
Crushed canned tomatoes, do not drain (puree if needed to achieve appropriate piece sizes)	1 - 14.5 oz can	2 - 14.5 oz cans
Tomato sauce	8 oz	16 oz
<b>THICK &amp; EASY® Minced Ground Beef - Level 5 Ready</b> Item: 114401	1 - 11.9 oz bag	2 - 11.9 oz bags
Refried beans (puree or grind if needed to achieve appropriate piece sizes)	1 - 16 oz can	2 - 16 oz cans
Suggested garnishes: Sour cream, finely diced green onions	As desired	As desired

## NUTRITION\*

**Serving Size:**  
1 cup (8 fl oz)

**Calories:** 280

**Total Fat:** 13g

**Saturated Fat:** 3.5g

**Cholesterol:** 55mg

**Sodium:** 1100mg

**Total Carb:** 24g

**Dietary Fiber:** 7g

**Total Sugars:** 7g

**Added Sugars:** 0g

**Protein:** 20g

**Vitamin D:** 0% DV

**Calcium:** 6% DV

**Iron:** 25% DV

**Potassium:** 15% DV

## DIRECTIONS

- Sauté finely diced onions in olive oil until translucent.
- Stir in minced garlic and oregano, chili powder, cumin, mustard, salt and pepper.
- Add beef broth, crushed tomatoes, and tomato sauce; stir well.
- Cover and simmer for 8-10 minutes.
- Add refried beans and thawed **THICK & EASY® Level 5 Minced Ground Beef**.
- Simmer for additional 3-5 minutes or until internal temperature of chili reaches 165°F or higher.
- Portion about 1 cup per serving.
- Garnish with sour cream and finely diced green onion, as desired.

To reduce sodium to 730 mg per serving, use no salt added tomato sauce and lower sodium refried beans in place of regular versions.