

# All-American Chili

## Ingredients

- 6 ounces hot (or mild- depending on how much spice you like!) turkey Italian sausage
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 8 garlic cloves, minced
- 1 pound ground sirloin
- 1 jalapeño pepper, chopped (*optional – I always omit this... the chili is spicy enough for me without it*)
- 2 tablespoons chili powder
- 2 tablespoons brown sugar
- 1 tablespoon ground cumin
- 3 tablespoons tomato paste
- 1 teaspoon dried oregano
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt
- 2 bay leaves
- 1¼ cups Merlot or other fruity red wine (*beef broth can be substituted*)
- 2 (28-ounce) cans whole tomatoes, un drained and coarsely chopped
- 2 (15-ounce) cans kidney beans, drained
- ½ cup (2 ounces) shredded reduced-fat sharp cheddar cheese

## Directions

1. Heat a large Dutch oven over medium-high heat. Remove the casings from the sausage. Add the sausage, onion, and the next 4 ingredients (onion through jalapeño (*if using*)) to the pan; cook 8 minutes or until the sausage and beef are browned, stirring to crumble.
2. Add the chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in the wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce the heat, and simmer 1 hour, stirring occasionally.
3. Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese.

Makes: 8 servings (each serving size is 1¼ cups)

Source: Cooking with Karen; Originally from [Cooking Light Magazine](#)