

Sweet Italian Chili



Makes:

10 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

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Recipe:

Contributed By:

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Authorized Saladmaster Dealer
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Recipe Description:

Recipe adapted from original by Rosalie Voseles

1 ½ pounds
90% lean ground beef
(680 g)
¾ cup
red bell peppers, processed, use Cone #3
(130 g)
¾ cup
onions, processed, use Cone #3
(120 g)
¾ cup
celery, processed, use Cone #3
(75 g)
2 cups
water
(475 mL)
12 ounces
tomato paste
(340 g)
32 ounces
kidney beans, cooked and drained
(907 g)
½ cup
parsley, chopped
(30 g)

2 teaspoons
dried basil
(2
g)
 $\frac{1}{2}$ teaspoon
dried oregano
(.5
g)
 $\frac{1}{3}$ cup
sugar
(67
g)
2 teaspoons
salt
(12
g)
2 teaspoons
ground cumin
(5
g)
2 teaspoons
ground chili powder
(5
g)
 $\frac{1}{8}$ teaspoon
garlic powder
(.35
g)
dash of ground cloves
dash of baking soda

Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled on roaster skitter and dissipate, add ground beef, bell peppers, onions and celery. Sauté until meat is browned.
2. Add remaining ingredients, mix well to combine and cover.
3. When Vapo-Valve™ clicks steadily, turn heat to the point where the valve flutters every few seconds and simmer chili for 1 $\frac{1}{2}$ - 2 hours.
4. Serve chili hot.

Tips:

- You may also use the Multi-Purpose 5 Qt. Oil Core (MP5) to prepare this chili. Set the temperature on the digital probe to 250°F/120°C. When Vapo-Valve™ clicks steadily, reduce temperature to 205°F/95°C and cook for approximately 1 hour.

Nutritional Information per

▼ Serving

Calories: 265
Total Fat: 8g
Saturated Fat: 3g
Cholesterol: 44mg
Sodium: 1080mg
Total 29g
Carbs:
Dietary Fiber: 7g
Sugar: 14g
Protein: 20g