

# South Texas Chili

**Servings: 4**

**Yield: 1 quart**

*1 tablespoon bacon fat*  
*4 fluid ounces onion, diced*  
*2 each garlic clove, minced*  
*1 pound ground beef*  
*2 fluid ounces taco seasoning mix, prepared*  
*1 can black beans, drained and rinsed*  
*1 can pinto beans, with juice*  
*1 can tomatoes, diced*  
*Garnish*  
*corn chips*  
*cheese*  
*sour cream*  
*green onions, sliced*

In a skillet saute onions and garlic in fat until tender

add ground beef and taco seasoning brown and allow the spices to toast

add in rinsed black beans, pinto bean and tomatoes

season to taste and allow to simmer for 25mins

Serve with garnish

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Per Serving (excluding unknown items): 572 Calories; 34g Fat (54.0% calories from fat); 30g Protein; 36g Carbohydrate; 8g Dietary Fiber; 100mg Cholesterol; 298mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.