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INGREDIENTS: CHILI PEPPERS AND OTHER SPICES, CORN MASA, DEHYDRATED ONION, MALTODEXTRIN, SEA SALT, DEHYDRATED GARLIC, SUNFLOWER OIL.

> Not a significant source of fat, saturated fat, trans fat, cholesterol, or total sugars.

10.5"

\* Percent Daily Values are based on a 2,000 calorie diet.

Serving Size: 1 tbsp. (9g) Servings: About 4 Calories 30 Calories from Fat 5

Mutrition Facts

Protein less than 1 gram

Vitamin & 25% • Vitamin C 4%

Calcium 2% • Iron 4%

 Total Fat 1g
 2%

 Trans Fat 0g
 14%

 Sodium 330mg
 14%

 Total Carbohydrate 5g
 2%

 Total Carbohydrate 5g
 2%

\*BulsV ylisG % Daily Value



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## Try it with ground pork, turkey or game meat!

**Optional:**Top chili with sour cream, shredded cheese, onions, hot chillies, guacamole, or corn tortilla chips.

Crumble and brown 1 lb of ground beef in a large skillet. Drain fat if desired. Stir in 1 can (14.5 oz) of diced fomatoes. Add 1 can (15 oz) of beans (red kidney, pinto, chilli, or other bean of choice). Stir in **Emeril's Chilli Seasoning Blend.** Simmer for 10 minutes or longer before serving.

Aield: 1 pouch seasons 1 lb of meat (about four 1-cup servings)

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