



30-Minute Chili



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz black beans undrained canned
- ☐ 29 oz tomatoes diced with green pepper, celery, and onion canned
- ☐ 15.5 oz beans red undrained canned
- ☐ 16 oz tomato sauce canned
- ☐ 0.3 cup chili seasoning
- ☐ 2 pounds ground beef lean

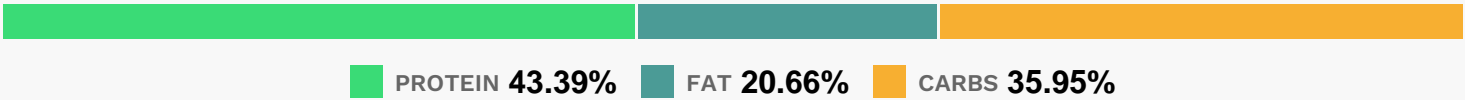
Equipment

- ☐ dutch oven

Directions

- ☐ Brown beef in a Dutch oven over medium-high heat, stirring often, 4 to 5 minutes or until beef crumbles and is no longer pink; drain well. Return beef to Dutch oven; sprinkle evenly with seasoning mix, and saut 1 minute over medium-high heat.
- ☐ Stir in diced tomatoes and remaining ingredients; bring to a boil over medium-high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 15 minutes.
- ☐ Italian-Style Chili: Substitute 1 lb. Italian pork sausage and 1 lb. lean ground beef for 2 lb. lean ground beef.
- ☐ Remove casings from sausage, and discard; brown sausage and ground beef together as directed. Omit beans, and stir in 1 small onion, diced; 1 green bell pepper, diced; 2 small zucchini, diced; and remaining ingredients. Proceed with recipe as directed.
- ☐ Serve chili over hot cooked spaghetti noodles tossed with olive oil and chopped fresh cilantro. Makes 6 to 8 servings. Prep: 10 min., Cook: 25 min.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:3.82, Inflammation Score:-9, Nutrition Score:26.530434722486%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 295.21kcal (14.76%), Fat: 6.92g (10.64%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 16.81g (6.11%), Sugar: 5.95g (6.61%), Cholesterol: 70.31mg (23.44%), Sodium: 851.95mg (37.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.37%), Vitamin A: 2584.44IU (51.69%), Zinc: 6.88mg (45.88%), Vitamin B3: 8.6mg (43%), Vitamin B12: 2.54µg (42.34%), Fiber: 10.27g (41.09%), Phosphorus: 392.95mg (39.3%), Vitamin B6: 0.79mg (39.28%), Iron: 6.96mg (38.64%), Potassium: 1174mg (33.54%), Selenium: 21.8µg (31.14%), Manganese: 0.51mg (25.73%), Vitamin B2: 0.44mg (25.66%), Magnesium: 89.09mg (22.27%), Copper: 0.45mg (22.26%), Vitamin E: 3.15mg (21.02%), Vitamin C: 15.54mg (18.83%), Folate: 70.07µg (17.52%), Vitamin B1: 0.26mg (17.25%), Vitamin B5: 1.31mg (13.13%), Vitamin K: 10.77µg (10.26%), Calcium: 96.08mg (9.61%)