



Anasazi and Black Bean Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound beans dried black (turtle)
- ☐ 43.5 ounce tomatoes diced undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 1.3 cups chorizo sausage spanish chopped (2 links)
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground allspice

- ☐ 1 tablespoon ground cumin
- ☐ 0.5 pound anasazi beans dried
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 cup poblano pepper chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 2 teaspoons serrano chile minced seeded

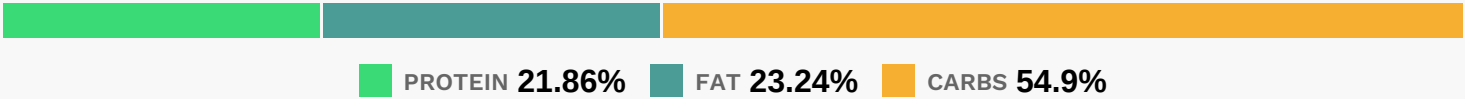
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Sort and wash Anasazi beans; place in a large bowl. Cover with water to 2 inches above beans. Repeat procedure with black beans. Cover and let stand 8 hours or overnight.
- ☐ Drain separately.
- ☐ Place Anasazi beans in a large saucepan; cover with water to 3 inches above beans. Bring to a boil. Reduce heat; simmer 50 minutes or until tender.
- ☐ Drain. Repeat procedure with black beans.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and next 5 ingredients (through garlic); saut 6 minutes or until tender.
- ☐ Add beans, broth, and next 5 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in chorizo; simmer 15 minutes.
- ☐ Serve with sour cream and chopped onion, if desired.
- ☐ Beer note: A Mexican dark lager, like Negra Modelo (\$8/6-pack), offers a heartiness that makes it ideal with chili. This beer's chocolate flavors are perfect with smoky beans, while a touch of caramel sweetness provides a balance for spicy sausage and chiles. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:6.52, Inflammation Score:-9, Nutrition Score:20.878261053044%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Pelargonidin: 1.37mg, Pelargonidin: 1.37mg, Pelargonidin: 1.37mg, Pelargonidin: 1.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg

Nutrients (% of daily need)

Calories: 233.75kcal (11.69%), Fat: 6.31g (9.71%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 25.01g (9.1%), Sugar: 7.64g (8.49%), Cholesterol: 27.82mg (9.27%), Sodium: 479.36mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.71%), Vitamin C: 78.77mg (95.48%), Folate: 173.63µg (43.41%), Fiber: 8.52g (34.1%), Manganese: 0.64mg (32.06%), Iron: 5.36mg (29.78%), Vitamin A: 1386.06IU (27.72%), Potassium: 945.34mg (27.01%), Vitamin B6: 0.51mg (25.35%), Vitamin B1: 0.3mg (20.1%), Copper: 0.4mg (19.88%), Magnesium: 79.48mg (19.87%), Phosphorus: 193.48mg (19.35%), Vitamin E: 2.02mg (13.44%), Calcium: 129.04mg (12.9%), Vitamin K: 13.49µg (12.85%), Vitamin B3: 2.57mg (12.84%), Vitamin B2: 0.21mg (12.28%), Zinc: 1.39mg (9.29%), Vitamin B5: 0.63mg (6.3%), Selenium: 3.01µg (4.3%), Vitamin B12: 0.11µg (1.89%)