



Anasazi and Black Bean Chili



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound black 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 fat-free less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 1 cup green bell pepper green chopped
- ☐ 0.3 teaspoon ground allspice

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

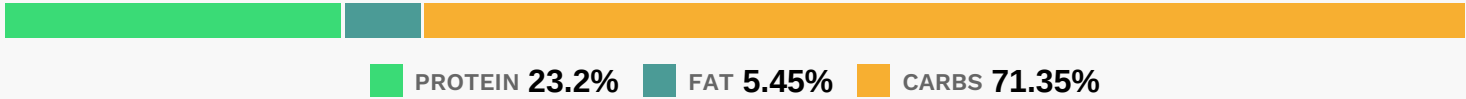
Equipment

- ☐ 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:20.5, Glycemic Load:2.58, Inflammation Score:0, Nutrition Score:18.342608757641%

Flavonoids

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: 195.4kcal (9.77%), Fat: 1.25g (1.93%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 30.63g (11.14%), Sugar: 7.05g (7.83%), Cholesterol: 0mg (0%), Sodium: 482.51mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (23.99%), Vitamin C: 64.96mg (78.74%), Iron: 6.01mg (33.4%), Magnesium: 116.34mg (29.08%), Potassium: 912.17mg (26.06%), Fiber: 6.26g (25.03%), Copper: 0.49mg (24.69%), Vitamin A: 1189.06IU (23.78%), Vitamin B1: 0.34mg (22.67%), Manganese: 0.45mg (22.61%), Vitamin B6: 0.41mg (20.7%), Folate: 75.82µg (18.96%), Phosphorus: 172.5mg (17.25%), Calcium: 149.73mg (14.97%), Vitamin E: 1.96mg (13.04%), Vitamin B3: 2.54mg (12.69%), Vitamin B2: 0.19mg (11.34%), Vitamin K: 11.9µg (11.33%), Zinc: 0.81mg (5.38%), Vitamin B5: 0.48mg (4.78%), Selenium: 2.44µg (3.49%), Vitamin B12: 0.11µg (1.89%)