

Arrington's Irish Chili

 Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces bourbon
- 6 ounce tomato sauce canned
- 4 rib celery stalks finely chopped
- 3 tablespoons chili powder
- 3 tablespoons chili peppers crushed
- 3 tablespoons pasilla chile powder
- 3 tablespoons cumin
- 12 ounce beer dark

- 6 lbs ground beef cut into 1/4 inch cubes
- 20 servings cilantro leaves fresh chopped for garnish (coriander
- 10 garlic clove finely chopped
- 1 teaspoon mace
- 1 teaspoon nutmeg freshly grated
- 3 large onion finely chopped
- 1 tablespoon oregano dried
- 2 lbs pork loin lean cut into 1/4 inch cubes
- 20 servings pepper black freshly ground to taste
- 3 cups veggie broth homemade ()
- 1 tablespoon sugar
- 1 tablespoon cocoa powder unsweetened
- 4 tablespoons shortening

Equipment

- bowl
- frying pan
- dutch oven

Directions

- In an 8 quart or larger Dutch oven, melt the lard over medium heat. Brown the beef and pork cubes in the fat.
- Transfer the browned meat to a large, low sided stockpot or Dutch oven, and reserve the fat in the pan.
- Saute the onions, celery, and garlic in the remaining fat until the vegetables are soft and golden but not brown.
- Add them to the meat. Stir in the tomato sauce, beef stock, and bourbon.
- Pour the beer into a bowl and add the cumin, oregano, nutmeg, sugar, cocoa, chili powder, chili quebrado, mace, salt, and pepper. Stir the seasonings into the meat mixture, and simmer the chili uncovered for 2 1/2 to 3 hours. If more liquid is needed to maintain consistency, add

either water, beer, or bourbon.

Serves about 20.*Make brown stock with well roasted meat bones, veal, beef, and chicken bones, wings add good flavor. Carrots, onion, leeks, celery, bouquet garni, bay leaves and 1/2 onion, browned well to burning.George and Piret Munger Cookbook.

Nutrition Facts

PROTEIN 52.82% **FAT 35.68%** **CARBS 11.5%**

Properties

Glycemic Index:22.43, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:23.355217249497%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 337.37kcal (16.87%), Fat: 12.23g (18.82%), Saturated Fat: 4.4g (27.53%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 6.32g (2.3%), Sugar: 3.23g (3.59%), Cholesterol: 112.94mg (37.65%), Sodium: 321mg (13.96%), Alcohol: 3.5g (100%), Alcohol %: 1.56% (100%), Protein: 40.74g (81.48%), Vitamin B12: 3.28µg (54.71%), Vitamin B3: 10.85mg (54.23%), Vitamin B6: 1.08mg (54.12%), Zinc: 8mg (53.34%), Selenium: 37.22µg (53.17%), Phosphorus: 405.65mg (40.57%), Vitamin A: 1873.74IU (37.47%), Iron: 4.96mg (27.55%), Vitamin B2: 0.44mg (25.68%), Potassium: 849.76mg (24.28%), Vitamin B1: 0.29mg (19.32%), Magnesium: 59.06mg (14.76%), Vitamin B5: 1.37mg (13.71%), Manganese: 0.23mg (11.32%), Copper: 0.21mg (10.36%), Fiber: 2.56g (10.22%), Vitamin E: 1.33mg (8.88%), Vitamin K: 7.93µg (7.56%), Folate: 19.21µg (4.8%), Calcium: 45.13mg (4.51%), Vitamin C: 3.71mg (4.49%), Vitamin D: 0.32µg (2.12%)