



WHATSheATE



Austin-Style Chicken Chili



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce porter beer (I like Great Lakes Edmund Fitzgerald)
- ☐ 2 tablespoons cayenne pepper
- ☐ 1 habanero chile pepper
- ☐ 7 ounce chipotle chiles in adobo sauce pureed canned
- ☐ 1 tablespoon coriander seeds
- ☐ 0.3 cup cumin seeds
- ☐ 3 cloves garlic sliced
- ☐ 3 pounds ground chicken

- ☐ 8 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 2 bell peppers diced red
- ☐ 1 tablespoon paprika smoked
- ☐ 1 tablespoon tomato paste

Equipment

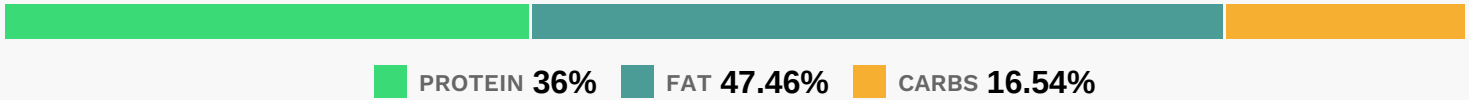
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Toast the cumin and coriander seeds in a skillet over medium heat.
- ☐ Transfer to a bowl to cool, then grind in a spice grinder.
- ☐ Heat a large Dutch oven over medium-high heat and add 1 tablespoon olive oil.
- ☐ Add half of the ground chicken and season with salt; cook, stirring, until the meat is browned, about 6 minutes.
- ☐ Transfer the chicken to a plate using a slotted spoon. Repeat with the remaining olive oil and chicken; transfer to the plate.
- ☐ Add the onion, garlic and bell peppers to the pot; season with salt and cook, stirring, until aromatic but not caramelized, 3 to 5 minutes.
- ☐ Add the ground cumin and coriander, the cayenne and paprika; cook 30 seconds. Stir in the tomato paste and cook 30 more seconds.
- ☐ Deglaze the pot with the beer, using a wooden spoon to scrape the bottom of the pot. Return the chicken to the pot and stir to incorporate. Stir in the pureed chipotle chiles and 2 cups water.

- ☐
- Cut a slit in one side of the habanero and add it to the pot. Reduce the heat to low, partially cover and simmer, stirring occasionally, 2 hours. (
- ☐
- Add more water if the chili is too thick.)
- ☐
- Remove the habanero before serving.
- ☐
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:22.4647828807%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 366.36kcal (18.32%), Fat: 18.54g (28.53%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 9.75g (3.55%), Sugar: 4.31g (4.79%), Cholesterol: 146.28mg (48.76%), Sodium: 324.05mg (14.09%), Alcohol: 3.32g (100%), Alcohol %: 1.23% (100%), Protein: 31.65g (63.29%), Vitamin B6: 1.11mg (55.33%), Vitamin B3: 10.67mg (53.35%), Vitamin C: 43.39mg (52.59%), Vitamin A: 1966.37IU (39.33%), Phosphorus: 356.33mg (35.63%), Potassium: 1138.83mg (32.54%), Vitamin B2: 0.5mg (29.48%), Selenium: 18.75µg (26.78%), Iron: 4.75mg (26.36%), Vitamin B5: 2.04mg (20.44%), Zinc: 2.89mg (19.29%), Fiber: 4.78g (19.14%), Vitamin B1: 0.25mg (16.45%), Vitamin B12: 0.97µg (16.16%), Magnesium: 64.64mg (16.16%), Vitamin E: 2.26mg (15.09%), Manganese: 0.27mg (13.71%), Copper: 0.18mg (9.19%), Vitamin K: 7.3µg (6.95%), Folate: 26.68µg (6.67%), Calcium: 60.47mg (6.05%)