



## Bean-and-Beef Chili

 Gluten Free

READY IN



160 min.

SERVINGS



8

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 pounds beef chuck boneless cut into 3/4-inch pieces
- 30 ounce pinto beans drained and rinsed canned
- 28 ounce canned tomatoes whole with your hands crushed canned
- 8 servings cheddar cheese diced shredded sour for topping
- 0.3 cup chili powder
- 8 cloves garlic chopped
- 8 servings kosher salt and pepper freshly ground
- 1.8 cups beef broth low-sodium

- 2 large onions chopped
- 1 teaspoon oregano dried
- 0.3 cup strong coffee decoction brewed
- 2 tablespoons tomato paste
- 2 tablespoons vegetable oil as needed plus more

## Equipment

- bowl
- pot

## Directions

- Heat 1/2 tablespoon vegetable oil in a large pot over medium-high heat. Pat the beef dry and season with salt and pepper. Brown in batches, about 4 minutes, adding more oil as needed.
- Transfer to a plate.
- Reduce the heat to medium and add 1 1/2 tablespoons oil to the pot.
- Add the onions and garlic; cook, stirring, until golden, about 6 minutes.
- Add 1/3 cup chili powder, the oregano and tomato paste; cook, stirring, 30 seconds.
- Return the meat to the pot and stir in the tomatoes with their juices, broth, espresso and pinto beans. Bring to a boil, then reduce the heat and simmer, partially covered, until the beef is tender, about 2 hours.
- Stir the remaining 2 tablespoons chili powder into the chili. Divide among bowls. Top with cheese, sour cream and/or avocado.
- This base recipe is relatively tame; a last-minute hit of chili powder adds just a touch of heat.
- Add 5 crumbled dried arbol chiles to the pot with the tomato paste, then continue as directed.
- Add 5 crumbled dried arbol chiles with the tomato paste and continue as directed, omitting the beans. Stir in 1 cup chopped pickled jalapenos before serving.
- Photograph by Charles Masters

## Nutrition Facts



■ PROTEIN 30.07% ■ FAT 48.86% ■ CARBS 21.07%

## Properties

Glycemic Index:27.13, Glycemic Load:8.61, Inflammation Score:-10, Nutrition Score:41.32782620969%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

## Nutrients (% of daily need)

Calories: 632.15kcal (31.61%), Fat: 35.49g (54.6%), Saturated Fat: 15.29g (95.55%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 23.25g (8.45%), Sugar: 8.38g (9.31%), Cholesterol: 147.37mg (49.12%), Sodium: 1235.44mg (53.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.95mg (1.32%), Protein: 49.15g (98.29%), Zinc: 15.31mg (102.08%), Vitamin B12: 4.96µg (82.69%), Vitamin A: 3525.16IU (70.5%), Selenium: 46.97µg (67.11%), Phosphorus: 637.47mg (63.75%), Vitamin B6: 1.2mg (59.98%), Vitamin B3: 10.23mg (51.15%), Iron: 8.49mg (47.16%), Potassium: 1584.56mg (45.27%), Fiber: 11.18g (44.71%), Vitamin E: 6.66mg (44.41%), Manganese: 0.83mg (41.66%), Calcium: 377.05mg (37.71%), Vitamin B2: 0.57mg (33.45%), Copper: 0.61mg (30.31%), Magnesium: 117.19mg (29.3%), Vitamin K: 29.66µg (28.24%), Vitamin B1: 0.3mg (20.19%), Vitamin B5: 1.77mg (17.73%), Vitamin C: 14.53mg (17.62%), Folate: 61.06µg (15.27%), Vitamin D: 0.35µg (2.33%)