



Beef and Black Bean Chili



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 1 cup beef broth
- ☐ 38 ounce black beans drained and rinsed canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 chipotle chili in adobo sauce chopped
- ☐ 1 tablespoon chipotle chili powder
- ☐ 1 handful cilantro leaves chopped
- ☐ 2 teaspoons cumin toasted

- ☐ 4 cloves garlic
- ☐ 1 pound ground beef
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 6 servings salt and pepper to taste

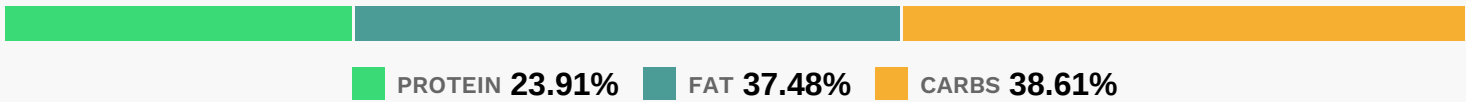
Equipment

- ☐ frying pan

Directions

- ☐ Cook the ground beef in a large pan over medium heat, breaking it apart as is cooks, drain any grease and set the beef aside.
- ☐ Add the oil in the pan, add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, cumin and chili powders and saute until fragrant, about a minute.
- ☐ Add the tomatoes, beef, beans, broth, chipotle and oregano, bring to a boil, reduce the heat and simmer for 20–50 minutes.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:27.646522024403%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 444.21kcal (22.21%), Fat: 19.01g (29.24%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 27.39g (9.96%), Sugar: 7.01g (7.79%), Cholesterol: 53.68mg (17.89%), Sodium: 1303.68mg (56.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.57%), Fiber: 16.66g (66.66%), Iron: 7.84mg

(43.55%), Manganese: 0.82mg (40.83%), Phosphorus: 381.41mg (38.14%), Potassium: 1272.77mg (36.36%), Folate: 138.37µg (34.59%), Copper: 0.68mg (34.11%), Vitamin B3: 6.64mg (33.18%), Vitamin B6: 0.66mg (32.77%), Zinc: 4.7mg (31.34%), Magnesium: 112.78mg (28.19%), Vitamin B12: 1.65µg (27.43%), Vitamin B1: 0.41mg (27.21%), Vitamin B2: 0.44mg (25.99%), Vitamin C: 19.26mg (23.34%), Vitamin E: 3.49mg (23.29%), Vitamin A: 1142.08IU (22.84%), Selenium: 15.72µg (22.46%), Vitamin K: 17.14µg (16.32%), Calcium: 152.56mg (15.26%), Vitamin B5: 1.15mg (11.51%)