



Beef and Black Bean Chili with Green Onion Corn Cakes

READY IN



35 min.

SERVINGS



8

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings butter for greasing griddle pan
- ☐ 30 ounce black beans drained canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 3 tablespoons chili powder dark
- ☐ 17 ounce corn muffin mix
- ☐ 2 tablespoons corn oil
- ☐ 1 tablespoon cumin
- ☐ 2 eggs beaten

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 2 pounds ground beef sirloin lean
- ☐ 1 jalapeno seeded chopped
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 1 bell pepper red finely chopped
- ☐ 1 cup beef stock canned
- ☐ 8 servings salt and pepper
- ☐ 3 scallions thinly sliced
- ☐ 8 ounce tomato purée canned
- ☐ 1 tablespoon worcestershire sauce

Equipment

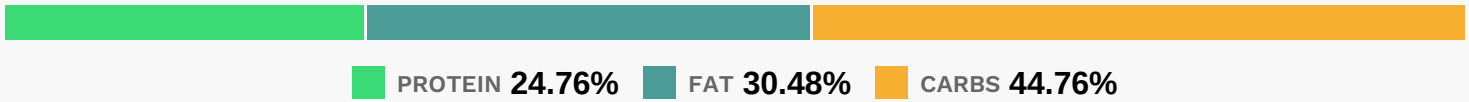
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ cake topper

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large deep skillet or pot, brown ground beef in oil over high heat. Season meat with salt and pepper, then add Worcestershire sauce. Reduce heat to medium high when the meat is browned and crumbled, then add onion, garlic, red peppers, jalapeno. Season veggies and meat with chili powder and cumin. Cook veggies and meat together 5 minutes. Stir in broth and scrape up pan drippings. Stir in diced and pureed tomatoes and black beans. When the mixture comes to a bubble, reduce heat to simmer and stir in cilantro, optional.

- ☐
- Mix together 2 packages of corn muffin mix with 1 cup milk, 2 beaten eggs, 2 tablespoons vegetable oil and sliced scallions. Batter should be thick.
- ☐
- Heat a nonstick skillet or griddle pan over moderate heat. Nest a pat of butter into folded paper towel and wipe hot pan surface with it to lightly grease.
- ☐
- Pour corn cake batter into the hot griddle pan or skillet in 3 or 4-inch rounds. Cook 2 or 3 minutes on each side, until golden.
- ☐
- Transfer to a plate and repeat with remaining batter.
- ☐
- To serve, top bowls of beef and black bean chili with green onion corn cake toppers. Eat the chili and corn toppers as you would a pot pie, grabbing some of the corn cake with each spoonful of chili.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:36.788260791613%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 647.53kcal (32.38%), Fat: 22.1g (34%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 73.01g (24.34%), Net Carbohydrates: 58.22g (21.17%), Sugar: 19.28g (21.42%), Cholesterol: 126.84mg (42.28%), Sodium: 1475.13mg (64.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.39g (80.78%), Phosphorus: 751.05mg (75.1%), Fiber: 14.78g (59.13%), Vitamin B3: 10.84mg (54.22%), Zinc: 7.51mg (50.08%), Iron: 8.9mg (49.46%), Vitamin B12: 2.87µg (47.76%), Vitamin B6: 0.91mg (45.6%), Selenium: 30.34µg (43.34%), Vitamin A: 2103.76IU (42.08%), Vitamin C: 34.48mg (41.79%), Vitamin B2: 0.7mg (40.96%), Folate: 157.9µg (39.48%), Vitamin B1: 0.58mg (38.85%), Manganese: 0.75mg (37.67%), Potassium: 1310.68mg (37.45%), Copper: 0.57mg (28.66%), Magnesium: 112.85mg (28.21%), Vitamin E: 3.41mg (22.75%), Vitamin K: 23.13µg (22.03%), Calcium: 186.79mg (18.68%), Vitamin B5: 1.84mg (18.37%), Vitamin D: 0.67µg (4.46%)