



Beef and Black Bean Chili with Toasted Cumin Crema and Avocado Relish

READY IN

ready

105 min.

SERVINGS

servings

6

CALORIES

calories

906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chili powder
- ☐ 2 pounds beef cut into 1/2-inch cubes
- ☐ 16 ounce canned tomatoes pureed drained chopped canned
- ☐ 1 tablespoon pasilla chili powder
- ☐ 1 tablespoon chipotle pepper puree
- ☐ 6 servings cilantro leaves chopped
- ☐ 2 cups black beans canned rinsed cooked drained
- ☐ 1 cup crème fraîche

- ☐ 1 tablespoon cumin seed
- ☐ 1 bottle beer dark
- ☐ 4 cloves garlic finely chopped
- ☐ 1 tablespoon ground cumin
- ☐ 2 hass avocados diced pitted ripe peeled
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 servings juice of lime
- ☐ 0.3 cup olive oil
- ☐ 0.5 small onion diced red finely
- ☐ 1 large onion diced red finely
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 serrano chile diced finely
- ☐ 5 cups water low-sodium homemade canned

Equipment

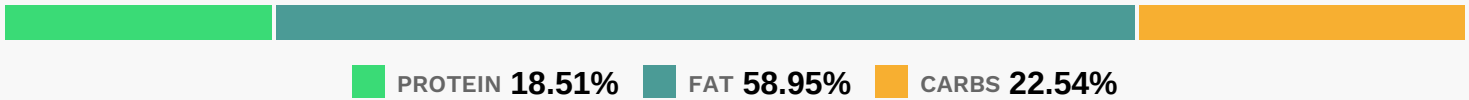
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in a large Dutch oven over high heat. Season the beef with salt and pepper, and saute until browned on all sides.
- ☐ Transfer the meat to a plate and remove all but 3 tablespoons of the fat from the pan.
- ☐ Add the onions to the pan and cook until soft.
- ☐ Add the garlic and cook for 2 minutes.

- ☐ Add the ancho powder, pasilla powder, and cumin and cook an additional 2 minutes.
- ☐ Add the beer and cook until completely reduced. Return the beef to the pot, add the chicken stock, tomatoes, chipotle puree, and honey, and bring to a boil. Reduce the heat to medium, cover the pan, and simmer for 45 minutes.
- ☐ Add the beans and continue cooking for 15 minutes.
- ☐ Remove from the heat, add the lime juice, and adjust seasonings.
- ☐ Serve with a dollop of Toasted Cumin Crema and Avocado Relish.
- ☐ Place the cumin in a small saute pan over medium heat. Toast until lightly golden brown.
- ☐ Place in a small bowl. Stir in the crema and season with salt and pepper, to taste.
- ☐ Place in a squeeze bottle.;
- ☐ Combine all ingredients in a small bowl and season with salt and pepper.;

Nutrition Facts



Properties

Glycemic Index:59.8, Glycemic Load:7.74, Inflammation Score:-10, Nutrition Score:39.294347669767%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 906.41kcal (45.32%), Fat: 59.74g (91.91%), Saturated Fat: 15.2g (95.03%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 36.8g (13.38%), Sugar: 14.2g (15.78%), Cholesterol: 134.2mg (44.73%), Sodium: 926.76mg (40.29%), Alcohol: 2.21g (100%), Alcohol %: 0.38% (100%), Protein: 42.21g (84.43%), Vitamin B3: 13.07mg (65.35%),

Vitamin B6: 1.24mg (61.78%), Fiber: 14.6g (58.41%), Zinc: 8.29mg (55.29%), Vitamin B12: 3.25µg (54.12%), Vitamin A: 2574.39IU (51.49%), Phosphorus: 485.36mg (48.54%), Potassium: 1648.01mg (47.09%), Folate: 188.18µg (47.05%), Iron: 8.39mg (46.62%), Selenium: 30.32µg (43.32%), Vitamin B2: 0.71mg (41.67%), Vitamin E: 5.99mg (39.96%), Manganese: 0.77mg (38.74%), Copper: 0.69mg (34.34%), Vitamin C: 28.05mg (34%), Magnesium: 134.81mg (33.7%), Vitamin K: 31.9µg (30.38%), Vitamin B1: 0.43mg (28.82%), Vitamin B5: 2.23mg (22.32%), Calcium: 197.73mg (19.77%), Vitamin D: 0.15µg (1.01%)