



Beef and Butternut Chili

 Gluten Free

READY IN



160 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups butternut squash cubed peeled ()
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 tablespoon canola oil divided
- ☐ 1 cup carrots coarsely chopped
- ☐ 1.5 pounds beef chuck boneless trimmed cut into 1/2-inch cubes
- ☐ 0.7 cup wine dry red
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 1 tablespoon garlic fresh minced

- ☐ 0.5 cup bell pepper green chopped
- ☐ 1.5 teaspoons ancho chili pepper
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons jalapeno diced
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 6 tablespoons cream sour reduced-fat
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tomato paste

Equipment

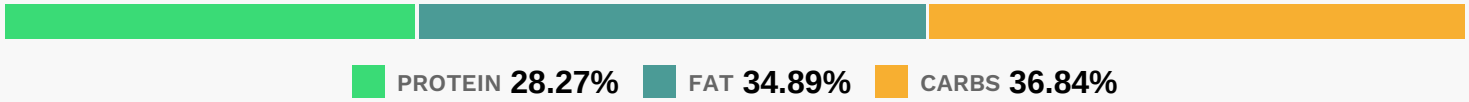
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1 teaspoon oil; swirl.
- ☐ Sprinkle beef with salt.
- ☐ Add beef to pan; saut 8 minutes, turning to brown on all sides.
- ☐ Remove beef.
- ☐ Add 2 teaspoons oil to pan.
- ☐ Add onion and bell pepper; saut 3 minutes.
- ☐ Add tomato paste, garlic, and jalapeo; saut 2 minutes, stirring constantly.

- ☐
- Add wine; bring to a boil, scraping pan. Cook 2 minutes. Return beef to pan.
- ☐
- Stir in ancho chile pepper and the next 7 ingredients (through kidney beans), and bring to a boil. Cover, reduce heat to medium, and simmer gently for 1 hour.
- ☐
- Add butternut squash and 1 cup carrot, and simmer for 1 hour or until beef is tender. Ladle 1 1/3 cups chili into each of 6 bowls, and top each with 1 tablespoon sour cream and 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:8.19, Inflammation Score:-10, Nutrition Score:35.919564866501%

Flavonoids

Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg

Nutrients (% of daily need)

Calories: 456.72kcal (22.84%), Fat: 17.69g (27.22%), Saturated Fat: 6.86g (42.85%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 30.94g (11.25%), Sugar: 11.38g (12.64%), Cholesterol: 82.44mg (27.48%), Sodium: 631.01mg (27.44%), Alcohol: 2.8g (100%), Alcohol %: 0.73% (100%), Protein: 32.26g (64.51%), Vitamin A: 9420.91IU (188.42%), Zinc: 10mg (66.64%), Vitamin B12: 3.15µg (52.44%), Vitamin C: 41.28mg (50.03%), Vitamin B6: 0.95mg (47.53%), Fiber: 11.08g (44.33%), Manganese: 0.87mg (43.3%), Potassium: 1485.48mg (42.44%), Phosphorus: 413.46mg (41.35%), Vitamin B3: 8.15mg (40.76%), Iron: 7.16mg (39.78%), Selenium: 26.41µg (37.73%), Folate: 142.37µg (35.59%), Copper: 0.58mg (29.18%), Magnesium: 110.47mg (27.62%), Vitamin B1: 0.39mg (25.87%), Vitamin K: 25.71µg (24.48%), Vitamin E: 3.65mg (24.32%), Vitamin B2: 0.35mg (20.85%), Vitamin B5: 1.56mg (15.63%), Calcium: 153.62mg (15.36%)