






 **52%**
HEALTH SCORE

Beef and Dark Beer Chili

 Popular

READY IN

45 min.

SERVINGS

12

CALORIES

847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce kidney beans drained canned
- 56 ounce canned tomatoes with added puree crushed canned
- 2 tablespoons canola oil
- 12 servings sharp cheddar cheese extra-sharp grated
- 7 tablespoons chili powder
- 2 teaspoons chipotles in adobo canned packed minced ()
- 12 ounce beer dark (such as stout)
- 12 servings spring onion chopped

- 5 pounds ground beef
- 1 tablespoon ground coriander
- 1.5 tablespoons ground cumin
- 2 large jalapeno with seeds, chopped (1/3 cup)
- 2.5 pounds onion coarsely chopped
- 1.5 pounds bell pepper red seeded cut into 1/2-inch pieces
- 12 servings cream sour
- 1.5 pounds bell pepper yellow seeded cut into 1/2-inch pieces

Equipment

- bowl
- frying pan
- ladle
- pot

Directions

- Toast cumin and coriander in skillet over medium heat until darker and beginning to smoke, about 4 minutes. Cool.
- Sauté beef in heavy large pot over medium-high heat until no longer pink, breaking up with spoon, about 8 minutes.
- Heat oil in large skillet over medium-high heat.
- Add onions, all bell peppers, and jalapeños. Sauté until vegetables begin to soften, about 15 minutes.
- Add mixture to pot with meat.
- Mix in toasted spices, chili powder, and chipotle chiles.
- Add crushed tomatoes, beans, and beer. Bring chili to boil, stirring occasionally. Reduce heat and simmer 20 minutes, stirring often. Season with salt and pepper. DO AHEAD Can be made ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep refrigerated up to 2 days (or freeze up to 1 month). Rewarm over medium-low heat.
- Ladle chili into bowls.

Serve with sour cream, green onions, and cheese.

Nutrition Facts

PROTEIN 22.87% **FAT 57.52%** **CARBS 19.61%**

Properties

Glycemic Index:23.79, Glycemic Load:9.62, Inflammation Score:-10, Nutrition Score:45.950000306834%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 20.67mg, Quercetin: 20.67mg, Quercetin: 20.67mg, Quercetin: 20.67mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 846.99kcal (42.35%), Fat: 54.6g (84%), Saturated Fat: 21.98g (137.35%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 30.13g (10.96%), Sugar: 14.67g (16.3%), Cholesterol: 171.27mg (57.09%), Sodium: 769.91mg (33.47%), Alcohol: 1.11g (100%), Alcohol %: 0.2% (100%), Protein: 48.85g (97.69%), Vitamin C: 200.53mg (243.07%), Vitamin A: 4028.54IU (80.57%), Vitamin B12: 4.39µg (73.22%), Zinc: 10.52mg (70.15%), Vitamin B6: 1.39mg (69.62%), Phosphorus: 644.59mg (64.46%), Vitamin B3: 11.94mg (59.72%), Selenium: 40.87µg (58.39%), Iron: 8.53mg (47.36%), Fiber: 11.76g (47.04%), Potassium: 1637.79mg (46.79%), Manganese: 0.85mg (42.48%), Vitamin B2: 0.7mg (41.02%), Vitamin E: 5.96mg (39.72%), Calcium: 386.79mg (38.68%), Vitamin K: 36.86µg (35.11%), Copper: 0.65mg (32.28%), Magnesium: 126.53mg (31.63%), Folate: 122.21µg (30.55%), Vitamin B1: 0.38mg (25.31%), Vitamin B5: 2.03mg (20.29%), Vitamin D: 0.37µg (2.46%)