



Beef and Pinto Bean Chili

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled seeded chopped
- ☐ 12 ounce beer
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 28 ounce canned tomatoes whole peeled drained chopped canned
- ☐ 2 tablespoons canola oil
- ☐ 1 pound chuck roast boneless trimmed cut into 1-inch pieces
- ☐ 6 tablespoons cilantro leaves
- ☐ 10 garlic cloves minced

- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup jalapeño peppers minced (2 large)
- ☐ 6 lime wedges
- ☐ 3 cups lower-sodium beef broth fat-free
- ☐ 4 cups onion chopped (2 medium)
- ☐ 1 tablespoon paprika
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.4 teaspoon salt divided
- ☐ 6 tablespoons cup heavy whipping cream sour
- ☐ 2 tablespoons tomato paste

Equipment

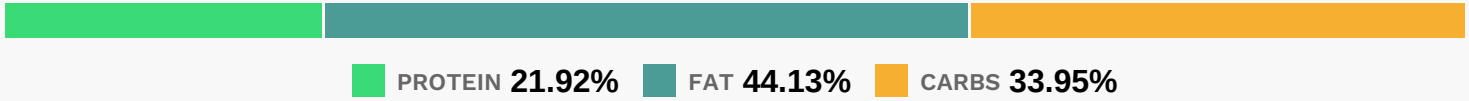
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over high heat. Coat pan with cooking spray.
- ☐ Sprinkle beef evenly with 1/8 teaspoon salt.
- ☐ Add beef to pan; saut 5 minutes, turning to brown on all sides.
- ☐ Remove from pan.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and jalapeo; saut 8 minutes or until lightly browned, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly. Stir in beer, scraping pan to loosen browned bits; bring to a boil. Cook until liquid almost evaporates (about 10 minutes), stirring occasionally. Stir in paprika, cumin, and tomato paste; cook 1 minute, stirring frequently.
- ☐ Add broth, tomatoes, beans and beef; bring to a boil. Reduce heat, and simmer 1 1/2 hours or until mixture is thick and beef is very tender, stirring occasionally. Stir in remaining 1/4 teaspoon salt.

- ☐ Ladle 1 cup chili into each of 6 bowls. Divide radish and avocado evenly among bowls. Top each serving with 1 tablespoon cilantro and 1 tablespoon sour cream.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:62.58, Glycemic Load:8.05, Inflammation Score:-9, Nutrition Score:26.484782467718%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 22.89mg, Quercetin: 22.89mg, Quercetin: 22.89mg, Quercetin: 22.89mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 436.83kcal (21.84%), Fat: 21.76g (33.47%), Saturated Fat: 6.29g (39.33%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 27.4g (9.96%), Sugar: 10.51g (11.68%), Cholesterol: 59.24mg (19.75%), Sodium: 868.18mg (37.75%), Alcohol: 2.21g (100%), Alcohol %: 0.43% (100%), Protein: 24.32g (48.64%), Zinc: 6.95mg (46.35%), Vitamin C: 38.19mg (46.29%), Vitamin B6: 0.87mg (43.38%), Potassium: 1454.74mg (41.56%), Fiber: 10.25g (41.01%), Vitamin B12: 2.1µg (35.01%), Manganese: 0.69mg (34.56%), Phosphorus: 325.7mg (32.57%), Iron: 5.64mg (31.32%), Vitamin B3: 5.88mg (29.42%), Selenium: 18.42µg (26.32%), Vitamin E: 3.81mg (25.43%), Magnesium: 89.23mg (22.31%), Folate: 87.96µg (21.99%), Copper: 0.43mg (21.66%), Vitamin A: 1036.63IU (20.73%), Vitamin K: 21.28µg (20.27%), Vitamin B2: 0.34mg (20.14%), Vitamin B1: 0.25mg (16.98%), Calcium: 162.23mg (16.22%), Vitamin B5: 1.51mg (15.13%)