



## Beef and Pork Italian Chili

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large bay leaf
- 2 cups beef stock
- 2 tablespoons butter
- 15 ounce canned tomatoes diced canned
- 1 carrots peeled chopped
- 2 ribs celery chopped
- 3 cups chicken stock see
- 2 tablespoons evoo

- 3 cloves garlic finely chopped
- 1.5 pounds coarsely ground beef sirloin
- 1 pinch ground cloves
- 1 pound ground pork
- 1 onion chopped
- 0.5 cup pecorino cheese grated (a couple handfuls)
- 6 servings peppercorn blend
- 1 cup quick-cooking polenta
- 2 tablespoons chili powder red such as gebhardt's, or 1 tablespoon ground chili pepper
- 2 tablespoons rosemary minced
- 2 tablespoons tomato paste
- 1 cup tomato sauce

## Equipment

- whisk
- pot
- dutch oven

## Directions

- Heat a large Dutch oven over medium-high heat.
- Add EVOO, the beef and pork; brown and crumble. Season with the chili powder, salt and pepper.
- Add the carrot, celery, onion, garlic, rosemary, bay leaf and cloves and cook for 8 to 10 minutes to soften the vegetables.
- Add the tomato paste and stir a minute.
- Add the beef stock, diced tomatoes and passata or tomato sauce. Simmer to combine the flavors and thicken. Cool and store; reheat over medium heat.
- To serve, bring the chicken stock to a boil in a small saucepot, whisk in the polenta, 3 minutes. Stir in the butter, cheese, salt and pepper.
- Serve the chili with polenta alongside.

# Nutrition Facts

PROTEIN 23.04% FAT 61.83% CARBS 15.13%

## Properties

Glycemic Index:84.64, Glycemic Load:8.88, Inflammation Score:-10, Nutrition Score:36.083478357481%

## Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

## Nutrients (% of daily need)

Calories: 762.34kcal (38.12%), Fat: 52.77g (81.19%), Saturated Fat: 19.88g (124.26%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 23.29g (8.47%), Sugar: 9.46g (10.51%), Cholesterol: 157.24mg (52.41%), Sodium: 971.04mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.24g (88.47%), Selenium: 47µg (67.15%), Vitamin B3: 12.72mg (63.61%), Vitamin A: 3147.47IU (62.95%), Vitamin B1: 0.85mg (56.34%), Phosphorus: 557.6mg (55.76%), Vitamin B6: 1.09mg (54.34%), Manganese: 1.06mg (53.24%), Zinc: 7.91mg (52.75%), Vitamin B12: 3.06µg (50.95%), Vitamin B2: 0.69mg (40.61%), Potassium: 1408.77mg (40.25%), Iron: 6.41mg (35.6%), Magnesium: 118.69mg (29.67%), Vitamin E: 4.24mg (28.29%), Copper: 0.52mg (26.06%), Fiber: 5.76g (23.06%), Calcium: 206.54mg (20.65%), Vitamin K: 21.45µg (20.43%), Vitamin C: 14.59mg (17.68%), Vitamin B5: 1.67mg (16.71%), Folate: 51.15µg (12.79%), Vitamin D: 0.16µg (1.03%)