



Beef, Black Bean, and Chorizo Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef stew meat
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 30 ounce pinto beans rinsed drained canned
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 6.5 ounces chorizo sausage spanish thinly sliced
- ☐ 1 cup cooking wine dry red
- ☐ 4 garlic cloves minced

- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 28 ounce less-sodium beef broth canned
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons tomato paste
- ☐ 2 teaspoons cocoa unsweetened

Equipment

- ☐ frying pan
- ☐ dutch oven

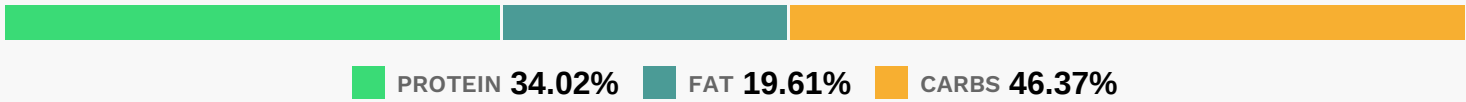
Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add chorizo to pan; saut 3 minutes or until browned.
- ☐ Remove chorizo from pan.
- ☐ Add half of beef to pan; saut 5 minutes or until browned.
- ☐ Remove beef from pan. Repeat procedure with remaining beef.
- ☐ Add onion and garlic to pan; saut 3 minutes.
- ☐ Remove 4 chipotle chiles from can, and chop. Reserve remaining chiles and sauce for another use.
- ☐ Add chorizo, beef, chopped chiles, tomato paste, and next 6 ingredients (through ground cumin) to pan, and cook for 1 minute, stirring constantly. Stir in red wine, lime juice, beef broth, and tomatoes; bring to a boil. Reduce heat, and simmer for 1 hour, stirring occasionally.
- ☐ Gradually stir in masa harina.

☐

Add pinto beans and black beans; bring to a boil. Cover, reduce heat, and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:7.17, Inflammation Score:-7, Nutrition Score:21.04695639403%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 326.47kcal (16.32%), Fat: 6.86g (10.56%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 25.12g (9.13%), Sugar: 8.21g (9.13%), Cholesterol: 55.18mg (18.39%), Sodium: 952.37mg (41.41%), Alcohol: 2.52g (100%), Alcohol %: 0.7% (100%), Protein: 26.79g (53.57%), Fiber: 11.39g (45.54%), Vitamin B6: 0.72mg (35.94%), Vitamin B3: 6.48mg (32.39%), Iron: 5.81mg (32.26%), Phosphorus: 317.34mg (31.73%), Potassium: 1101.65mg (31.48%), Manganese: 0.63mg (31.43%), Selenium: 20.81µg (29.73%), Zinc: 3.92mg (26.1%), Copper: 0.48mg (23.99%), Magnesium: 85.15mg (21.29%), Vitamin C: 17.47mg (21.17%), Vitamin B12: 1.26µg (20.98%), Folate: 76.03µg (19.01%), Vitamin B1: 0.28mg (18.41%), Vitamin B2: 0.25mg (14.7%), Vitamin E: 1.95mg (13%), Calcium: 118.36mg (11.84%), Vitamin K: 8.77µg (8.35%), Vitamin B5: 0.77mg (7.68%), Vitamin A: 353.25IU (7.06%)