



## Beef, Black Bean and Squash Chili

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons cooking oil light
- 1 lb ground beef 80% lean (at least )
- 3 cups butternut squash cubed
- 1 cup onion chopped
- 0.5 teaspoon salt
- 29 oz canned tomatoes diced fire roasted with green chilies, undrained organic canned
- 15 oz black beans rinsed drained canned
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)

- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red (cayenne)
- 1 teaspoon chili powder
- 1 serving salt and pepper to taste
- 2 tablespoons spring onion chopped (2 medium)

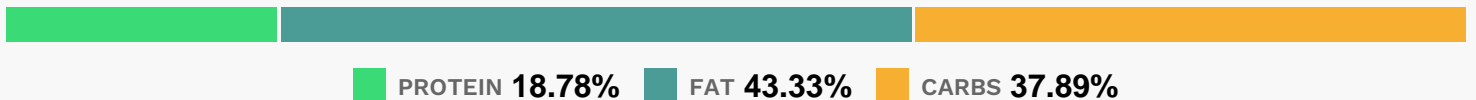
## Equipment

- sauce pan

## Directions

- In 3-quart saucepan, heat 1 tablespoon of the oil over medium-high heat. Cook beef in oil 5 to 6 minutes, stirring occasionally, until brown.
- Remove from saucepan; set aside.
- Drain fat from saucepan.
- In same saucepan and with heat still on medium-high, add remaining 1 tablespoon oil, the squash, onion and 1/2 teaspoon salt. Cook, stirring occasionally, 3 to 4 minutes or until squash begins to brown.
- Add cooked beef to saucepan, then add tomatoes, black beans, pumpkin, cumin, red pepper and chili powder. Cook 12 to 15 minutes, stirring occasionally, until squash is tender. Season with salt and pepper.
- Serve with green onions sprinkled on top.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:26.75478251084%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.63mg,

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## Nutrients (% of daily need)

Calories: 413.12kcal (20.66%), Fat: 20.47g (31.49%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 28.2g (10.25%), Sugar: 6.02g (6.69%), Cholesterol: 53.68mg (17.89%), Sodium: 666.44mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.91%), Vitamin A: 11496.47IU (229.93%), Fiber: 12.07g (48.3%), Vitamin C: 33.37mg (40.45%), Vitamin B6: 0.66mg (32.92%), Manganese: 0.66mg (32.83%), Iron: 5.48mg (30.46%), Potassium: 1047.15mg (29.92%), Vitamin B3: 5.72mg (28.61%), Phosphorus: 276.75mg (27.68%), Zinc: 4.05mg (26.98%), Vitamin B12: 1.62µg (26.96%), Folate: 100.7µg (25.17%), Magnesium: 88.65mg (22.16%), Vitamin E: 3.25mg (21.64%), Vitamin B2: 0.35mg (20.78%), Selenium: 13.48µg (19.26%), Vitamin B1: 0.29mg (19.14%), Copper: 0.38mg (18.83%), Vitamin B5: 1.5mg (15.01%), Calcium: 143.18mg (14.32%), Vitamin K: 14.12µg (13.44%)