



Beef Chili

 Gluten Free

READY IN



165 min.

SERVINGS



8

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chili powder
- 3 pounds beef shoulder cut into large cubes
- 3 chipotle peppers in adobo canned chopped
- 28 ounce canned tomatoes whole crushed canned
- 2 bunches chives chopped for garnish
- 10 garlic cloves halved
- 0.3 teaspoon ground cinnamon
- 1 tablespoons ground coriander

- 1 tablespoon ground cumin
- 1 jalapeño seeded chopped
- 0.5 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 3 tablespoons olive oil
- 2 onions diced
- 1 tablespoon oregano dried
- 8 servings sea salt and pepper black freshly ground
- 1.5 cups cup heavy whipping cream sour for garnish
- 1 teaspoon sugar
- 1 tablespoon paprika sweet
- 2 tablespoons tomato paste
- 3 cups cheddar shredded white for garnish

Equipment

- food processor
- pot
- potato masher

Directions

- Watch how to make this recipe.
- In a large soup pot, heat the olive oil. Season the beef shoulder all over with salt and pepper, add it to the pot and brown it. As it's browning stir in the chili powder, coriander, cumin, paprika, oregano and cinnamon. Lower the temperature under the meat to "toast" the spices. In a food processor puree the onions, garlic, chipotle peppers, jalapeno, tomato paste and sugar and add it to the pot. Increase the heat to medium to steam vegetables a little and sweeten the peppers.
- Add enough water to cover by 1 inch, about 1 quart, and add tomatoes with their liquid. Bring to a boil and skim off any foam that rises to the surface. Reduce the heat and simmer until the meat is fork-tender and comes apart with no resistance, about 2 hours. As it cooks down, add more water, if necessary. When done, stir in the masa harina. Take a potato masher and mash

the chili so the meat comes apart in shreds. Season with salt and pepper, to taste.

Garnish each serving with the shredded Cheddar, chives, and sour cream.

Nutrition Facts

PROTEIN 35.56% **FAT 50.63%** **CARBS 13.81%**

Properties

Glycemic Index:47.01, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:41.63826104869%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 706.41kcal (35.32%), Fat: 40g (61.53%), Saturated Fat: 17.98g (112.39%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 19.19g (6.98%), Sugar: 8.91g (9.9%), Cholesterol: 205.6mg (68.53%), Sodium: 606.14mg (26.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.2g (126.39%), Zinc: 16.08mg (107.23%), Selenium: 72.23µg (103.19%), Vitamin B12: 6.15µg (102.55%), Vitamin B6: 1.56mg (77.78%), Phosphorus: 731.63mg (73.16%), Vitamin B3: 12.14mg (60.69%), Iron: 8.74mg (48.56%), Vitamin B2: 0.8mg (46.86%), Calcium: 453.79mg (45.38%), Vitamin A: 2098.07IU (41.96%), Potassium: 1221.62mg (34.9%), Vitamin E: 4.09mg (27.24%), Magnesium: 103.74mg (25.94%), Vitamin B1: 0.38mg (25.06%), Manganese: 0.5mg (24.99%), Copper: 0.48mg (24.07%), Vitamin K: 22.81µg (21.73%), Fiber: 5.35g (21.42%), Vitamin C: 16.48mg (19.98%), Vitamin B5: 1.99mg (19.86%), Folate: 61.09µg (15.27%), Vitamin D: 0.42µg (2.83%)