



Beef Chili

 **Gluten Free**  **Dairy Free**

READY IN



175 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef round cut into 1-inch chunks
- 6 servings lime wedges and brown rice cooked for serving
- 29 ounce kidney beans rinsed drained canned
- 1 teaspoons chipotle chili powder
- 2 tablespoons corn meal fine
- 2 garlic cloves finely chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

- 6 servings kosher salt and pepper
- 1 medium onion chopped
- 2 teaspoons oregano dried
- 1 bell pepper red seeded chopped
- 6 servings salsa fresh homemade store-bought for serving
- 2 tablespoons tomato paste
- 2 tablespoons cocoa powder unsweetened
- 6 teaspoons vegetable oil

Equipment

- frying pan
- pot
- slotted spoon
- dutch oven
- tongs

Directions

- Season the beef with salt and pepper.
- Heat a Dutch oven over medium heat with 2 teaspoons vegetable oil; sear the beef in two batches, adding up to 2 teaspoons more vegetable oil, until browned on all sides, 4 to 6 minutes per batch. Using a slotted spoon or tongs, transfer the beef to a plate as it browns.
- Reduce the heat to medium.
- Add the remaining 2 teaspoons oil to the pot; add the onion, red pepper and garlic. Cook, stirring, until onion is soft, 8 to 10 minutes. Stir in the cocoa, chili powder, oregano, cumin and coriander; cook until fragrant, about 1 minute.
- Add the corn meal and tomato paste and cook until the tomato paste sticks to bottom and caramelizes, about 2 minutes. Stir in 6 cups water, scraping tomato paste from bottom of pan; bring to a simmer.
- Add the reserved beef and beans; partially cover the pot and adjust the heat to maintain a gentle simmer until the beef is tender, 1 1/2 to 2 hours.

Serve chili with fresh salsa, lime wedges, and brown rice, if desired.

Nutrition Facts

PROTEIN 31% **FAT 23.29%** **CARBS 45.71%**

Properties

Glycemic Index:52.78, Glycemic Load:20.38, Inflammation Score:-9, Nutrition Score:31.829564799433%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 467.91kcal (23.4%), Fat: 12.23g (18.81%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 54g (18%), Net Carbohydrates: 41.93g (15.25%), Sugar: 6.16g (6.85%), Cholesterol: 70.31mg (23.44%), Sodium: 869.59mg (37.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.83mg (1.28%), Protein: 36.62g (73.25%), Manganese: 1.74mg (87.06%), Vitamin B6: 1.19mg (59.62%), Vitamin B3: 10.59mg (52.96%), Phosphorus: 515.54mg (51.55%), Selenium: 34.38µg (49.12%), Fiber: 12.06g (48.26%), Zinc: 6.64mg (44.28%), Vitamin C: 30.04mg (36.41%), Vitamin B12: 2.1µg (34.96%), Magnesium: 139.23mg (34.81%), Iron: 5.91mg (32.85%), Potassium: 1090.43mg (31.16%), Vitamin B1: 0.4mg (26.79%), Copper: 0.53mg (26.52%), Vitamin K: 22.83µg (21.74%), Vitamin B2: 0.34mg (20.12%), Vitamin A: 970.78IU (19.42%), Folate: 72.2µg (18.05%), Vitamin E: 1.95mg (12.98%), Vitamin B5: 1.25mg (12.52%), Calcium: 108.99mg (10.9%)