



Beef Chili (Chili con Carne)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings beef
- ☐ 45 oz black beans rinsed drained canned
- ☐ 4 servings chili
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 chipotle chili with adobo (from a can)
- ☐ 1 lb flank steak
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.5 cup cilantro leaves fresh plus more for garnish chopped

- ☐ 1 garlic clove
- ☐ 1 garlic clove minced
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onion diced
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1 scallion
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup tomatoes diced
- ☐ 4 cups water

Equipment

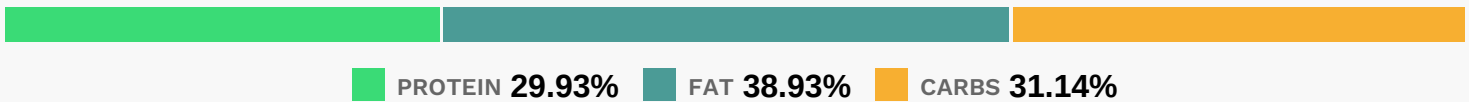
- ☐ food processor
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a pot, place all the beef and broth ingredients and cook over medium heat for about 1 hour or until the meat is cooked. Strain and measure 1 cup of the liquid used to cook the meat. Set aside.
- ☐ Remove the beef from the pot, chop and set aside.

- ☐ Put the tomatoes and chipotle in the food processor and process until smooth and set aside.
- ☐ Heat the oil in a large pot over medium high heat.
- ☐ Add the onions and cook for about 3 minutes. Reduce the heat to medium and add the garlic, red and green pepper and cook for additional 2 minutes.
- ☐ Add the cumin, oregano and chili powder and cook for 30 seconds more.
- ☐ Add the beans, tomato mixture and the beef to the pot and simmer for 15 minutes, stirring often with a wooden spoon.
- ☐ Add the sugar, cilantro and tomato paste. Cook for 10 minutes more. If the chili is too thick, use some of the broth you set aside.
- ☐ Add salt and pepper to taste.
- ☐ Garnish with tortilla chips, cilantro and sour cream.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:124.27, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:46.030869538369%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 797.07kcal (39.85%), Fat: 34.57g (53.18%), Saturated Fat: 10.64g (66.49%), Carbohydrates: 62.19g (20.73%), Net Carbohydrates: 37.91g (13.79%), Sugar: 4.89g (5.43%), Cholesterol: 128.39mg (42.8%), Sodium: 1880.72mg (81.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.79g (119.59%), Fiber: 24.28g (97.13%), Phosphorus: 746.7mg (74.67%), Selenium: 51.11µg (73.01%), Vitamin B6: 1.34mg (67.07%), Vitamin B3: 13.39mg (66.93%), Zinc: 9.93mg (66.23%), Vitamin C: 52.49mg (63.63%), Folate: 238.78µg (59.69%), Iron: 10.68mg (59.31%), Potassium: 1888.51mg (53.96%), Manganese: 0.99mg (49.55%), Vitamin B12: 2.85µg (47.52%), Copper: 0.88mg (43.9%), Magnesium: 171.77mg (42.94%), Vitamin B1: 0.62mg (41.62%), Vitamin B2: 0.69mg (40.76%), Vitamin K: 31.97µg (30.44%), Vitamin A: 1087.76IU (21.76%), Vitamin E: 3.01mg (20.06%), Calcium: 190.13mg (19.01%), Vitamin

B5: 1.89mg (18.95%)