



Beef Chili with Ancho, Mole, and Cumin

READY IN



45 min.

SERVINGS



8

CALORIES



840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup ancho chili powder pure
- ☐ 2 teaspoons apple cider vinegar
- ☐ 4 slices bacon chopped
- ☐ 3.5 cups beef broth divided ()
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup chili powder texas-style (such as Gebhardt)
- ☐ 4 pound beef chuck boneless trimmed cut into 1/2- to 3/4-inch cubes
- ☐ 1 tablespoon cumin seeds
- ☐ 1 tablespoon miso

- ☐ 4 large garlic clove chopped
- ☐ 8 servings spring onion chopped
- ☐ 8 servings jalapeno fresh sliced
- ☐ 1 tablespoons corn tortillas (corn tortilla mix)
- ☐ 2 cups onion chopped
- ☐ 1.5 teaspoons oregano dried crumbled
- ☐ 8 servings oyster crackers
- ☐ 8 servings black beans canned cooked drained
- ☐ 8 servings cheddar cheese grated
- ☐ 2 teaspoons salt ()

Equipment

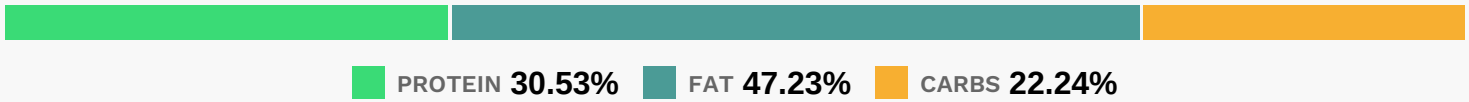
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Toast cumin seeds in heavy smallskillet over medium heat until fragrant,stirring often, 4 to 5 minutes. Cool; grindfinely in spice mill or in mortar withpestle.
- ☐ Sauté bacon in large pot over medium–highheat until brown and crisp. Usingslotted spoon, transfer bacon to large bowl.
- ☐ Sprinkle beef with salt and pepper. Workingin 4 batches, sauté beef in drippings in potuntil browned, about 5 minutes per batch.
- ☐ Transfer beef and most drippings to bowlwith bacon.
- ☐ Add onion and garlic to pot.Sauté until onion begins to brown, about5 minutes.
- ☐ Add 1/2 cup broth to pot. Bringto boil, scraping up browned bits. Returnbeef, bacon, and any accumulated juices topot.
- ☐ Mix in ancho chile powder, Texas–stylechili powder, mole paste, 2 teaspoons salt,vinegar, oregano, and cumin seeds.

- ☐
- Add 3cups broth; bring to boil. Reduce heat tovery low and simmer gently uncovereduntilbeef is very tender, stirring occasionallyand adding more broth by 1/2 cupfuls if chilliis dry, about 2 1/2 hours.
- ☐
- Mix in masa byteaspoonfuls to thicken chili or add morebroth by 1/4 cupfuls to thin. Season chiliwith salt, pepper, and cayenne, if desired.DO AHEAD: Can be made 3 days ahead. Cool 1hour. Chill uncovered until cold, then coverand keep chilled. Rewarm over low heat.
- ☐
- Set out garnishes asdesired. Ladle chili into bowls and serve.
- ☐
- *Available in the spice section of manysupermarkets and at Latin markets.
- ☐
- **Available in the Latin foods section ofmost supermarkets and at Latin markets.
- ☐
- ***Also known as masa harina; available atmany supermarkets and at Latin markets.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:51.576521614323%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

Nutrients (% of daily need)

Calories: 839.94kcal (42%), Fat: 45.06g (69.32%), Saturated Fat: 19.55g (122.21%), Carbohydrates: 47.73g (15.91%), Net Carbohydrates: 31.77g (11.55%), Sugar: 3.5g (3.89%), Cholesterol: 193.75mg (64.58%), Sodium: 2391.97mg (104%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.54g (131.09%), Zinc: 19.97mg (133.12%), Vitamin B12: 6.65µg (110.89%), Vitamin A: 4855.28IU (97.11%), Selenium: 65.19µg (93.13%), Phosphorus: 826.12mg (82.61%), Vitamin B3: 14.8mg (73.98%), Vitamin B6: 1.42mg (71.04%), Iron: 11.78mg (65.45%), Fiber: 15.96g (63.84%), Vitamin B2: 0.89mg (52.37%), Potassium: 1681.59mg (48.05%), Vitamin E: 6.76mg (45.1%), Manganese: 0.88mg (44%), Calcium: 387.41mg (38.74%), Vitamin K: 39.67µg (37.78%), Vitamin B1: 0.55mg (36.68%), Magnesium: 137.82mg (34.46%), Folate: 132.43µg (33.11%), Copper: 0.62mg (30.94%), Vitamin B5: 2.12mg (21.23%), Vitamin C: 11.25mg (13.63%), Vitamin D: 0.45µg (3.01%)