



 **55%**
HEALTH SCORE

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

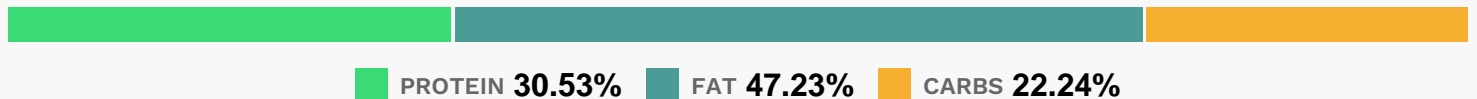
- bowl
- ladle
- pot
- mortar and pestle

Directions

- Toast cumin seeds in heavy smallskillet over medium heat until fragrant, stirring often, 4 to 5 minutes. Cool; grind finely in spice mill or in mortar with pestle.
- Sauté bacon in large pot over medium-high heat until brown and crisp. Using slotted spoon, transfer bacon to large bowl.
- Sprinkle beef with salt and pepper. Working in 4 batches, sauté beef in drippings in pot until browned, about 5 minutes per batch.
- Transfer beef and most drippings to bowl with bacon.
- Add onion and garlic to pot. Sauté until onion begins to brown, about 5 minutes.
- Add 1/2 cup broth to pot. Bring to boil, scraping up browned bits. Return beef, bacon, and any accumulated juices to pot.
- Mix in ancho chile powder, Texas-style chili powder, mole paste, 2 teaspoons salt, vinegar, oregano, and cumin seeds.

- Add 3 cups broth; bring to boil. Reduce heat to very low and simmer gently uncovered until beef is very tender, stirring occasionally and adding more broth by 1/2 cupfuls if chili is dry, about 2 1/2 hours.
- Mix in masa by teaspoonfuls to thicken chili or add more broth by 1/4 cupfuls to thin. Season chili with salt, pepper, and cayenne, if desired. **DO AHEAD:** Can be made 3 days ahead. Cool 1 hour. Chill uncovered until cold, then cover and keep chilled. Rewarm over low heat.
- Set out garnishes as desired. Ladle chili into bowls and serve.
- *Available in the spice section of many supermarkets and at Latin markets.
- **Available in the Latin foods section of most supermarkets and at Latin markets.
- ***Also known as masa harina; available at many 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: 0g (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%)