

food
network



HEALTH SCORE

53%

Beef Chili with Red Beans and Chocolate

READY IN



160 min.

SERVINGS



10

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ancho chiles seeded
- ☐ 3 pounds beef shoulder cut in large cubes
- ☐ 3 chipotle peppers in adobo canned chopped
- ☐ 31 ounce kidney beans drained and rinsed canned
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 2 tablespoons chili powder
- ☐ 0.3 cup cornmeal
- ☐ 5 garlic cloves halved
- ☐ 1 tablespoon garlic powder

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 jalapeño chopped
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 2 medium onions diced
- ☐ 1 tablespoon oregano dried
- ☐ 16 saltines for serving
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon paprika sweet
- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon chocolate unsweetened grated
- ☐ 3 cups cheddar shredded white for serving

Equipment

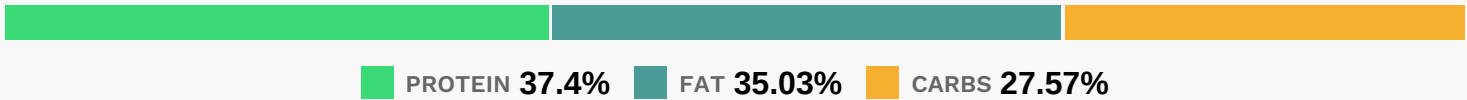
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Making chili is nothing more than mounting layers of flavor and letting them all simmer together. Get in the habit of tasting recipes in stages; this way if something is not quite right, adjustments can be made on the spot.
- ☐ Season the beef shoulder all over with salt and pepper then put it in a large soup pot.
- ☐ Add enough water to cover by 1 inch, about 3 quarts, and place over medium heat. Bring to a boil and skim off any foam that rises to the surface.
- ☐ Mix in the onions, garlic, chipotles, and jalapeno. Stir in the Ancho Chile Powder.

- ☐ Pour the entire can of tomatoes, with the liquid, into a bowl and hand-crush until chunky; add the crushed tomatoes to the pot along with the tomato paste. 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. After the chili has cooked a couple of hours, take a wooden spoon and beat it vigorously so the meat shreds apart.
- ☐ Add the next layer of flavor by stirring in the beans and cornmeal. Season with salt and pepper and simmer for another hour, stirring occasionally. Partially cover the pot so the steam does not get trapped under the lid and drip down into the chili making it watery. In the last 5 minutes of cooking, stir in the grated chocolate.
- ☐ Garnish each serving with shredded Cheddar and saltine crackers.
- ☐ This homemade chili powder will add a smoky depth to chili and as a dry rub for steaks. Toast the ancho chile pieces over low heat in a dry skillet until fragrant, shaking the pan so they don't scorch.
- ☐ Put the chiles in a mini food processor and pulse to a powder.
- ☐ Add the remaining ingredients and buzz again to combine.

Nutrition Facts



Properties

Glycemic Index:45.66, Glycemic Load:9.11, Inflammation Score:-10, Nutrition Score:42.580435120541%

Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 588.54kcal (29.43%), Fat: 23.31g (35.87%), Saturated Fat: 11.05g (69.03%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 28.71g (10.44%), Sugar: 12.02g (13.35%), Cholesterol: 144.12mg (48.04%), Sodium: 754.45mg (32.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.99g (111.99%), Zinc: 13.63mg (90.85%), Vitamin A: 4197.76IU (83.96%), Selenium: 58µg (82.86%), Vitamin B12: 4.85µg (80.9%), Vitamin B6: 1.38mg (69.01%), Phosphorus: 679.12mg (67.91%), Vitamin B3: 10.89mg (54.43%), Fiber: 12.58g (50.31%), Iron: 8.98mg (49.91%), Vitamin B2: 0.75mg (43.97%), Manganese: 0.83mg (41.59%), Potassium: 1384.12mg (39.55%), Calcium:

354.07mg (35.41%), Magnesium: 121.63mg (30.41%), Copper: 0.59mg (29.48%), Vitamin K: 29.85µg (28.43%),
Vitamin B1: 0.36mg (24.02%), Vitamin E: 2.96mg (19.73%), Vitamin C: 16.06mg (19.46%), Folate: 70.78µg (17.7%),
Vitamin B5: 1.72mg (17.2%), Vitamin D: 0.34µg (2.26%)