



## Beefy Beef Chili

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

READY IN



**35 min.**

SERVINGS



**14**

CALORIES



**370 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 40 ounce beef stew prepared canned
- 32 ounce chili beans sauce drained canned
- 1 tablespoon chili powder to taste
- 2 pounds ground beef
- 1 large onion chopped
- 14 servings salt and pepper to taste
- 64 fluid ounce sacramento tomato juice

## Equipment

frying pan

pot

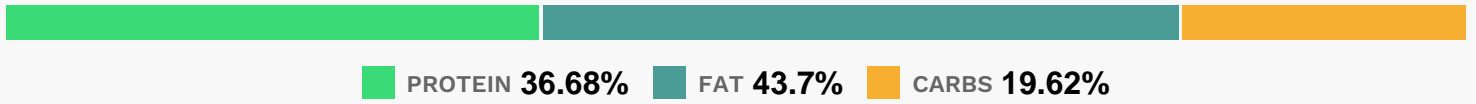
## Directions

In a 6 quart stock pot over medium-high heat, brown the ground beef with the onion until no longer pink.

Drain grease from the pan, and stir in the chili beans, tomato juice, and beef stew. Season with chili powder, salt, and pepper to taste. Cook over medium heat until simmering.

Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:23.316521673099%

## Flavonoids

Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 369.72kcal (18.49%), Fat: 17.79g (27.36%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 14.32g (5.21%), Sugar: 8.71g (9.68%), Cholesterol: 96.23mg (32.08%), Sodium: 775.67mg (33.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.17%), Vitamin B6: 1.09mg (54.4%), Zinc: 7.62mg (50.8%), Vitamin B12: 2.89µg (48.19%), Selenium: 33.58µg (47.96%), Vitamin B3: 9.43mg (47.17%), Phosphorus: 405.47mg (40.55%), Vitamin C: 26.64mg (32.29%), Potassium: 1079.14mg (30.83%), Iron: 4.84mg (26.86%), Vitamin B2: 0.37mg (21.93%), Magnesium: 76.41mg (19.1%), Copper: 0.37mg (18.74%), Vitamin A: 785.72IU (15.71%), Folate: 61.14µg (15.29%), Fiber: 3.64g (14.57%), Vitamin B1: 0.2mg (13.27%), Vitamin B5: 1.03mg (10.35%), Vitamin E: 1.3mg (8.65%), Manganese: 0.14mg (6.82%), Calcium: 65.13mg (6.51%), Vitamin K: 6.15µg (5.86%)