



Beefy Butternut Squash Chili

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups beef stock
- ☐ 1.5 pound butternut squash peeled seeded cut into 1/2-inch cubes
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons cornmeal fine
- ☐ 1 tablespoon cumin
- ☐ 3 cloves garlic finely minced grated
- ☐ 1 pound ground beef lean 80-percent
- ☐ 2 tablespoons hot sauce red recommended: Frank's Hot Sauce
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 1 pound stewing meat cut into 1-inch cubes
- ☐ 3 tablespoons olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 cup bell pepper red seeded chopped
- ☐ 1.5 cups red wine recommended: any inexpensive Chianti
- ☐ 3 tablespoons tomato paste
- ☐ 1 cup onion white finely chopped

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a small bowl, combine the chili powder, cumin, oregano, pumpkin pie spice, 2 teaspoons salt and a few grinds of black pepper.
- ☐ In a large pot over medium heat, add the olive oil, beef cubes and half of the seasoning. Cook until the beef is browned on all sides but not cooked through, about 7 minutes; remove with a slotted spoon to a plate.
- ☐ Add the onions, bell peppers, tomato paste, hot sauce and garlic. Stir and cook until everything turns a dark reddish brown, about 10 minutes.
- ☐ Add the ground chuck and sprinkle over the remaining seasoning. Stir and cook until the beef is browned, and then add the reserved beef chunks back to the pot along with the stock, wine, cornmeal and squash. Raise the heat until it comes to a boil, and then lower to a simmer. Cover and cook until the beef is tender, 40 to 45 minutes. Uncover and let the chili cook until it is thick and the liquid is reduced, another 15 minutes.
- ☐ From Food Network Kitchens; after further testing and to ensure the best results this recipe has been altered from what was in the actual episode.

Nutrition Facts



 **PROTEIN 28.72%**  **FAT 48.88%**  **CARBS 22.4%**

Properties

Glycemic Index:32.44, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:25.394782677941%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 374.54kcal (18.73%), Fat: 18.81g (28.93%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 15.75g (5.73%), Sugar: 4.93g (5.48%), Cholesterol: 76.54mg (25.51%), Sodium: 380.31mg (16.54%), Alcohol: 4.77g (100%), Alcohol %: 1.74% (100%), Protein: 24.86g (49.72%), Vitamin A: 10049.45IU (200.99%), Vitamin C: 45.66mg (55.35%), Vitamin B3: 10.46mg (52.32%), Vitamin B6: 0.94mg (46.99%), Selenium: 28.74µg (41.06%), Phosphorus: 291.92mg (29.19%), Potassium: 986.79mg (28.19%), Manganese: 0.46mg (23.21%), Vitamin E: 3.4mg (22.64%), Vitamin B12: 1.33µg (22.11%), Zinc: 3.27mg (21.83%), Iron: 3.57mg (19.84%), Magnesium: 77.65mg (19.41%), Vitamin B5: 1.57mg (15.75%), Vitamin B2: 0.26mg (15.38%), Fiber: 3.64g (14.55%), Vitamin B1: 0.2mg (13.6%), Folate: 46.14µg (11.53%), Vitamin K: 11.6µg (11.04%), Copper: 0.2mg (10.15%), Calcium: 91.78mg (9.18%)