



Best Ever Chunky Chili

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small bay leaves
- 4 tablespoons brown sugar
- 16 ounce tomato sauce canned
- 10 ounce canned tomatoes diced canned
- 1 rib celery stalks diced
- 1.5 tablespoons chili powder
- 1 tablespoon ground cumin
- 1.5 cups navy beans dried

- 0.8 teaspoon ground mustard dry
- 0.5 bell pepper diced green
- 0.5 lb ground beef
- 1.5 cups catsup
- 4 tablespoons juice of lemon
- 0.5 onion diced
- 1 teaspoon onion powder
- 1.5 cups pinto beans dry
- 1 teaspoon salt
- 32 ounce canned tomatoes canned
- 12 servings water
- 1.5 tablespoons worcestershire sauce

Equipment

- pressure cooker

Directions

- Cover beans with water and bring to a boil; set aside to soak at least 1 hour. Rinse, discarding bean water and recover beans with more water by 2-inches. Season and pressure cook, see tips (or soak overnight, then season and cook for 60–90 min, adding water as necessary). Tips: Bring a 5 qt pressure cooker up to 15 lb pressure (PSI, 2nd ring for 2nd generation cookers). Cook 15 minutes @ sea level (adding 1 minute per 1000 ft in altitude) or consult the Ball Blue Book. Softening Beans: NEVER add acidic foods (such as tomato products, lemon juice or vinegar) BEFORE the beans are fully softened. In a 2nd large stock pot, brown the meat and veggies, add remaining ingredients and softened beans, simmer uncovered 1 hour.

Nutrition Facts

 PROTEIN 19.59%  FAT 16.2%  CARBS 64.21%

Properties

Glycemic Index:18.21, Glycemic Load:3.66, Inflammation Score:-8, Nutrition Score:20.05000006116%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 264.01kcal (13.2%), Fat: 5.06g (7.78%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 33.66g (12.24%), Sugar: 17.82g (19.8%), Cholesterol: 13.42mg (4.47%), Sodium: 848.61mg (36.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Fiber: 11.43g (45.73%), Folate: 154.99µg (38.75%), Manganese: 0.77mg (38.72%), Copper: 0.59mg (29.6%), Potassium: 1013.76mg (28.96%), Iron: 4.7mg (26.1%), Vitamin B6: 0.5mg (25.01%), Magnesium: 97.07mg (24.27%), Vitamin C: 19.81mg (24.01%), Vitamin B1: 0.35mg (23.51%), Phosphorus: 228.11mg (22.81%), Vitamin E: 2.94mg (19.6%), Vitamin B3: 3.65mg (18.25%), Vitamin A: 855.1IU (17.1%), Zinc: 2.48mg (16.52%), Vitamin B2: 0.23mg (13.39%), Selenium: 8.65µg (12.36%), Calcium: 118.67mg (11.87%), Vitamin K: 10.48µg (9.98%), Vitamin B5: 0.77mg (7.74%), Vitamin B12: 0.4µg (6.74%)