



## Big-Batch Chili

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 bay leaves
- ☐ 43.5 ounce tomatoes diced undrained canned
- ☐ 32 ounce tomato sauce canned
- ☐ 0.3 cup chili powder
- ☐ 15 servings cheddar cheese shredded sour ripe sliced chopped
- ☐ 2 garlic clove minced
- ☐ 1 bell pepper green chopped
- ☐ 4 pounds ground beef

- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 medium onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 6 ounce canned tomatoes canned

## Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ dutch oven
- ☐ slow cooker

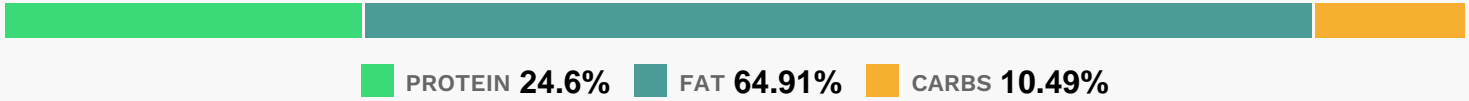
## Directions

- ☐ Cook ground chuck, in batches, in a large skillet over medium-high heat about 5 minutes, stirring until meat crumbles and is no longer pink; drain.
- ☐ Place meat in a 6-quart slow cooker; stir in onions, next 12 ingredients, and, if desired, beans. Cook, covered, at HIGH 5 to 6 hours or at LOW 6 to 8 hours.
- ☐ Remove and discard bay leaf.
- ☐ Serve with desired toppings.
- ☐ Cooktop preparation: Cook ground chuck, in batches, in a large Dutch oven.
- ☐ Drain beef and return to Dutch oven.
- ☐ Add onions, next 12 ingredients, and, if desired, beans. Bring to a boil over medium-high heat; reduce heat, cover, and simmer 4 to 6 hours.
- ☐ Remove and discard bay leaf.
- ☐ Let chili stand 30 minutes. Evenly divide chili mixture into 3 (1-gallon) zip-top plastic freezer bags; seal and lay each bag flat. Stack bags of chili in freezer. Freeze up to 1 month. Thaw

frozen chili overnight in refrigerator or defrost in microwave.

- ☐
- Pour thawed chili into a 9-inch square baking dish. Cover tightly with heavy-duty plastic wrap, and fold back a corner to allow steam to escape. Microwave at HIGH 6 to 7 minutes or until bubbly, stirring after 3 1/2 minutes.

## Nutrition Facts



### Properties

Glycemic Index:21.74, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:23.376956265906%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

### Nutrients (% of daily need)

Calories: 484.76kcal (24.24%), Fat: 35.33g (54.36%), Saturated Fat: 15.2g (94.99%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 9.06g (3.3%), Sugar: 6.62g (7.36%), Cholesterol: 115.88mg (38.63%), Sodium: 917.14mg (39.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.13g (60.26%), Vitamin B12: 2.91µg (48.44%), Zinc: 6.65mg (44.35%), Selenium: 28.1µg (40.15%), Vitamin A: 1943.58IU (38.87%), Phosphorus: 383mg (38.3%), Vitamin B6: 0.71mg (35.27%), Vitamin B3: 6.98mg (34.91%), Calcium: 290.59mg (29.06%), Vitamin B2: 0.45mg (26.31%), Iron: 4.7mg (26.13%), Vitamin E: 3.87mg (25.8%), Vitamin C: 20.59mg (24.96%), Potassium: 835.61mg (23.87%), Fiber: 3.79g (15.15%), Magnesium: 57.74mg (14.44%), Manganese: 0.29mg (14.33%), Copper: 0.28mg (14.25%), Vitamin K: 12.72µg (12.12%), Vitamin B5: 1.11mg (11.13%), Vitamin B1: 0.14mg (9.55%), Folate: 33.1µg (8.27%), Vitamin D: 0.3µg (2.01%)