



Big P's Classic Chili



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



10

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce kidney beans rinsed drained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 56 ounce tomatoes undrained chopped canned
- ☐ 1 cup celery chopped
- ☐ 1 tablespoon chili powder
- ☐ 4 cloves garlic coarsely chopped
- ☐ 1 teaspoon garlic powder
- ☐ 2 pounds ground beef

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 onion red cut into large chunks
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water
- ☐ 2 tablespoons worcestershire sauce

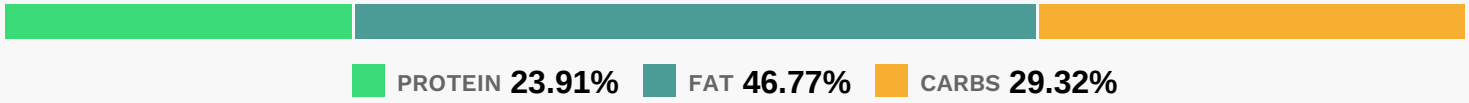
Equipment

- ☐ dutch oven

Directions

- ☐ Heat vegetable oil in a Dutch oven or large soup pot over medium heat; cook and stir onion, celery, and garlic in the hot oil until tender, about 5 minutes. Stir ground beef into onion mixture; cook and stir until ground beef is browned and crumbly, 5 to 10 minutes.
- ☐ Drain grease.
- ☐ Stir tomatoes, tomato sauce, water, Worcestershire sauce, chili powder, garlic powder, oregano, salt, and pepper into ground beef mixture; bring to a boil. Reduce heat to medium-low, cover, and simmer, stirring occasionally, until flavors blend, about 1 1/2 hours.
- ☐ Add kidney beans; simmer for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:8.43, Inflammation Score:-8, Nutrition Score:22.602173665295%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 384.22kcal (19.21%), Fat: 20.5g (31.54%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 20.05g (7.29%), Sugar: 10.27g (11.41%), Cholesterol: 64.41mg (21.47%), Sodium: 909.89mg (39.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Fiber: 8.86g (35.44%), Vitamin B6: 0.68mg (33.95%), Manganese: 0.67mg (33.26%), Vitamin B3: 6.62mg (33.12%), Zinc: 4.93mg (32.86%), Vitamin B12: 1.94µg (32.36%), Potassium: 1102.7mg (31.51%), Iron: 5.65mg (31.38%), Phosphorus: 308.41mg (30.84%), Copper: 0.54mg (26.88%), Selenium: 16.2µg (23.14%), Vitamin C: 18.47mg (22.39%), Vitamin E: 3.19mg (21.26%), Vitamin K: 22.19µg (21.14%), Magnesium: 82.57mg (20.64%), Vitamin B2: 0.31mg (18.5%), Vitamin B1: 0.27mg (18.19%), Folate: 58.46µg (14.62%), Vitamin A: 728.93IU (14.58%), Calcium: 118.27mg (11.83%), Vitamin B5: 1.14mg (11.36%)