



Bison Chili with Chickpeas and Acorn Squash

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups acorn squash cubed peeled ()
- ☐ 2 ancho chiles dried
- ☐ 2 cups beef stock unsalted (such as Swanson)
- ☐ 12 ounce mexican beer dark
- ☐ 0.8 teaspoon pepper black divided
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 14.5 ounce chickpeas unsalted rinsed drained canned
- ☐ 1 tablespoon chili powder

- ☐ 8 ounce cremini mushrooms fresh
- ☐ 0.8 teaspoon cumin seeds toasted
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1.5 pounds ground sirloin 90% lean
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 tablespoon tomato paste unsalted

Equipment

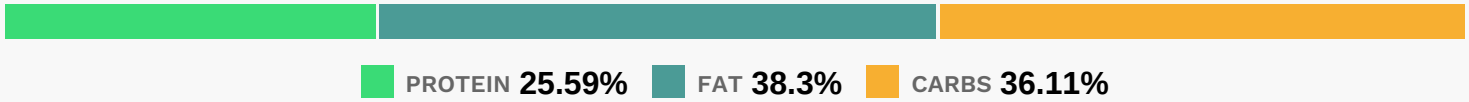
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Combine chiles and stock in a microwave-safe bowl; microwave at HIGH 3 minutes.
- ☐ Let stand 10 minutes.
- ☐ Remove stems.
- ☐ Combine chile mixture and mushrooms in a blender; process until smooth.
- ☐ Heat a Dutch oven over high heat. Coat pan with cooking spray.
- ☐ Add bison, 1/2 teaspoon salt, and 1/2 teaspoon black pepper; cook 6 minutes or until browned, stirring to crumble.
- ☐ Remove bison from pan. Reduce heat to medium-high.

- ☐ Add onion and bell pepper to pan; saut 5 minutes. Stir in garlic; saut 1 minute. Stir in tomato paste; cook 2 minutes, stirring frequently.
- ☐ Add chili powder, oregano, coriander, and cumin; saut 30 seconds. Return bison to pan. Stir in beer; cook 3 minutes or until liquid is reduced by half. Stir in mushroom mixture and tomatoes; bring to a simmer. Reduce heat, and simmer 25 minutes. Stir in squash and chickpeas; simmer 45 minutes. Stir in 1/2 teaspoon salt and 1/4 teaspoon black pepper. Top with sour cream and parsley.

Nutrition Facts



Properties

Glycemic Index:38.1, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:32.855217319468%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 384.31kcal (19.22%), Fat: 16.56g (25.47%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 25.81g (9.39%), Sugar: 11.33g (12.59%), Cholesterol: 62.86mg (20.95%), Sodium: 800.98mg (34.83%), Alcohol: 1.66g (100%), Alcohol %: 0.43% (100%), Protein: 24.89g (49.77%), Vitamin K: 83.73µg (79.74%), Vitamin A: 3438.95IU (68.78%), Vitamin B6: 1.03mg (51.74%), Manganese: 0.96mg (48.25%), Vitamin C: 39.66mg (48.08%), Vitamin B3: 8.47mg (42.37%), Potassium: 1351.58mg (38.62%), Fiber: 9.31g (37.23%), Selenium: 25.1µg (35.85%), Zinc: 5.29mg (35.29%), Phosphorus: 340.27mg (34.03%), Vitamin B2: 0.56mg (32.73%), Vitamin B12: 1.94µg (32.38%), Iron: 5.77mg (32.03%), Copper: 0.6mg (29.99%), Magnesium: 92.17mg (23.04%), Vitamin B1: 0.28mg (18.54%), Folate: 70.63µg (17.66%), Vitamin E: 2.55mg (17.03%), Vitamin B5: 1.67mg (16.7%), Calcium: 146.42mg (14.64%)