



Black Bean and Beef Chili with Green Sour Cream

READY IN



75 min.

SERVINGS



6

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chiles stemmed seeded
- ☐ 1 avocado
- ☐ 3 cups beef stock
- ☐ 1 cup lager beer
- ☐ 14 ounce black beans drained canned
- ☐ 2 new mexican chiles dried stemmed seeded
- ☐ 1 cinnamon sticks
- ☐ 2 tablespoons thyme leaves fresh chopped

- ☐ 3 cloves garlic finely chopped
- ☐ 1.5 pounds ground beef dry
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 juice of lemon juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 onion chopped
- ☐ 1 large portobello cap diced
- ☐ 6 servings sharp cheddar for topping
- ☐ 1 tablespoon paprika smoked
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.3 cup tomato paste
- ☐ 6 servings tortilla chips for dipping
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons worcestershire sauce

Equipment

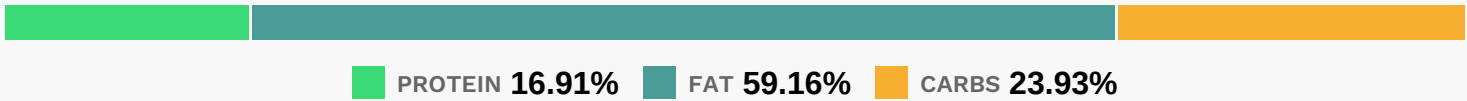
- ☐ pot
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Toast the chiles in a saucepot over medium-high heat.
- ☐ Add the stock and simmer to reconstitute, 10 minutes, then puree with 2 to 4 tablespoons of the liquid until smooth. In a large pot or Dutch oven, heat the vegetable oil over medium-high to high heat. To the pot add the mushrooms and brown. Then add the meat, brown and crumble. Season the meat with the coriander, cumin, paprika, salt and pepper. Then add the onions, garlic, tomato paste, thyme, Worcestershire, bay leaf and cinnamon stick. Deglaze with the beer and add the beans and pepper puree and simmer 45 minutes.
- ☐ Remove the cinnamon stick and bay leaf.

Serve right away, or cool, refrigerate and then reheat on the stovetop. When ready to serve, peel and pit the avocado. Puree the avocado, sour cream and lemon juice, and season with salt. Top the chili with the cheese, green sour cream and serve with the chips.

Nutrition Facts



Properties

Glycemic Index:59.42, Glycemic Load:2.93, Inflammation Score:-10, Nutrition Score:40.562174019606%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 928.98kcal (46.45%), Fat: 61.87g (95.18%), Saturated Fat: 21.5g (134.4%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 41.92g (15.25%), Sugar: 11.34g (12.6%), Cholesterol: 133.13mg (44.38%), Sodium: 1048.63mg (45.59%), Alcohol: 1.53g (100%), Alcohol %: 0.35% (100%), Protein: 39.78g (79.57%), Vitamin A: 4696.94IU (93.94%), Phosphorus: 615.73mg (61.57%), Fiber: 14.4g (57.59%), Zinc: 7.69mg (51.25%), Vitamin B2: 0.86mg (50.6%), Selenium: 35.19µg (50.27%), Vitamin C: 40.64mg (49.26%), Vitamin B3: 9.79mg (48.95%), Vitamin K: 50.51µg (48.1%), Vitamin B6: 0.95mg (47.72%), Vitamin B12: 2.84µg (47.33%), Potassium: 1608.89mg (45.97%), Iron: 7.58mg (42.12%), Calcium: 397.73mg (39.77%), Magnesium: 132.5mg (33.12%), Manganese: 0.66mg (33.07%), Vitamin E: 4.61mg (30.77%), Folate: 113.03µg (28.26%), Copper: 0.56mg (27.82%), Vitamin B1: 0.33mg (21.7%), Vitamin B5: 2.15mg (21.51%), Vitamin D: 0.34µg (2.24%)