



Black Bean Chili

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz vegetable burger crumbles
- ☐ 45 oz black beans canned
- ☐ 4 teaspoons chili powder
- ☐ 8 servings cheddar cheese fresh shredded sour sliced chopped
- ☐ 14 oz fat-skimmed beef broth fat-free low-sodium canned
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper
- ☐ 29 oz canned tomatoes diced with jalapeños canned

- ☐ 0.3 teaspoon salt
- ☐ 1 large onion sweet chopped
- ☐ 2 tablespoons vegetable oil

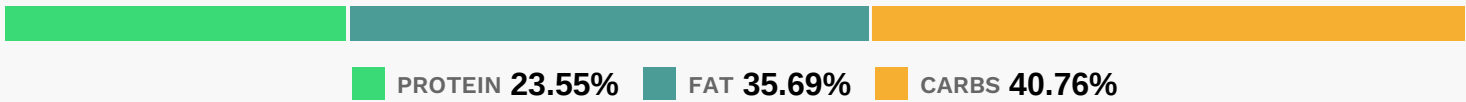
Equipment

- ☐ dutch oven

Directions

- ☐ Rinse and drain 2 cans black beans. (Do not drain third can.)
- ☐ Saut chopped onion and burger crumbles in hot oil in a large Dutch oven over medium heat 6 minutes. Stir in chili powder and next 3 ingredients; saut 1 minute. Stir in drained and undrained beans, chicken broth, and diced tomatoes. Bring to a boil over medium-high heat; cover, reduce heat to low, and simmer 10 minutes.
- ☐ Serve chili with desired toppings.
- ☐ Note: For testing purposes only, we used Boca Meatless Ground Burger for meatless burger crumbles.
- ☐ Meaty Black Bean Chili: Substitute 1 lb. ground round for meatless burger crumbles, sauting ground round with onion 10 minutes or until meat is no longer pink. Omit vegetable oil. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:3.6, Inflammation Score:-8, Nutrition Score:30.038261050763%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 425.02kcal (21.25%), Fat: 17.35g (26.69%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 28.78g (10.46%), Sugar: 7.31g (8.12%), Cholesterol: 32.13mg (10.71%), Sodium: 1481.9mg (64.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Vitamin B1: 1.46mg (97.37%), Fiber: 15.82g (63.27%), Manganese: 1.05mg (52.27%), Phosphorus: 451.18mg (45.12%), Folate: 180µg (45%), Calcium: 377.17mg (37.72%), Iron: 5.97mg (33.16%), Selenium: 22.31µg (31.87%), Copper: 0.64mg (31.78%), Vitamin B2: 0.51mg (30%), Potassium: 1046.73mg (29.91%), Magnesium: 115.12mg (28.78%), Vitamin B6: 0.47mg (23.73%), Vitamin B3: 4.32mg (21.58%), Vitamin C: 17.69mg (21.44%), Vitamin B12: 1.27µg (21.2%), Zinc: 2.9mg (19.31%), Vitamin A: 835.5IU (16.71%), Vitamin E: 2.28mg (15.23%), Vitamin K: 15.6µg (14.86%), Vitamin B5: 0.94mg (9.37%), Vitamin D: 0.18µg (1.2%)