

Black Bean Chili



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 43.5 oz black beans rinsed drained canned
- ☐ 14.5 oz canned tomatoes crushed canned
- ☐ 1 tablespoon chipotle chili purée canned (see below)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced pressed
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 teaspoons olive oil

- ☐ 8 oz onion peeled chopped
- ☐ 1 tablespoon rice vinegar
- ☐ 4 servings salt

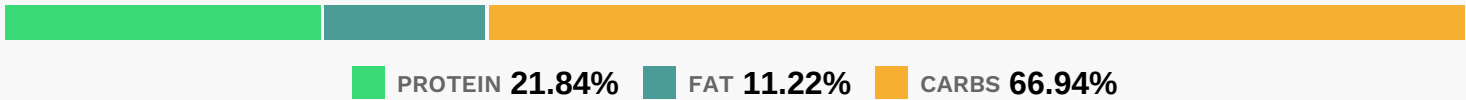
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 3- to 4-quart pan over medium-high heat, cook onion and garlic in olive oil, stirring often, until onion is limp and starting to brown, 6 to 8 minutes.
- ☐ Add beans, tomatoes and their juice, cumin, and 1/2 cup water; bring to a boil, then reduce heat and simmer, stirring occasionally, to blend flavors, about 15 minutes.
- ☐ Stir in cilantro, chipotle pure, and rice vinegar.
- ☐ Add salt to taste. Spoon chili equally into four bowls and top each with 1 tablespoon sour cream and, if desired, with tomato salsa to taste.
- ☐ To make chipotle pure, whirl a 7-ounce can of chipotle chilies, including the adobo sauce, in a blender or food processor until smooth.
- ☐ Scrape into a plastic container and store airtight in the refrigerator up to 1 week or in the freezer for several months.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:3.43, Inflammation Score:-8, Nutrition Score:26.629565267459%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg

Nutrients (% of daily need)

Calories: 381.85kcal (19.09%), Fat: 4.94g (7.6%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 66.35g (22.12%), Net Carbohydrates: 41.65g (15.15%), Sugar: 7.25g (8.06%), Cholesterol: 5.03mg (1.68%), Sodium: 1529.65mg (66.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.31%), Fiber: 24.7g (98.81%), Folate: 214.52µg (53.63%), Manganese: 1.04mg (51.83%), Iron: 7.97mg (44.27%), Copper: 0.82mg (40.9%), Phosphorus: 399.18mg (39.92%), Potassium: 1388.71mg (39.68%), Vitamin B1: 0.55mg (36.59%), Magnesium: 138.99mg (34.75%), Vitamin C: 22.9mg (27.76%), Vitamin B2: 0.46mg (27.16%), Vitamin B6: 0.42mg (20.9%), Calcium: 186.9mg (18.69%), Vitamin B3: 3.3mg (16.5%), Zinc: 2.17mg (14.47%), Vitamin E: 1.68mg (11.19%), Vitamin K: 10.12µg (9.63%), Vitamin B5: 0.94mg (9.37%), Selenium: 5.64µg (8.05%), Vitamin A: 358.89IU (7.18%), Vitamin B12: 0.06µg (1.01%)