



## Black Bean Chili

READY IN



45 min.

SERVINGS



12

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups beef broth
- ☐ 45 ounce black beans rinsed drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 12 servings garnish: cheddar cheese shredded
- ☐ 2 tablespoons chili powder
- ☐ 12 ounce beer dark
- ☐ 3 to 4 garlic cloves minced
- ☐ 1 medium size bell pepper green chopped
- ☐ 1 tablespoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 teaspoons ground pepper black
- ☐ 1 jalapeno seeded chopped
- ☐ 3 tablespoons olive oil
- ☐ 2 onions chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1.5 teaspoons salt divided
- ☐ 1 teaspoon sugar
- ☐ 1 pound beef top sirloin steaks boneless cut into 1-inch cubes

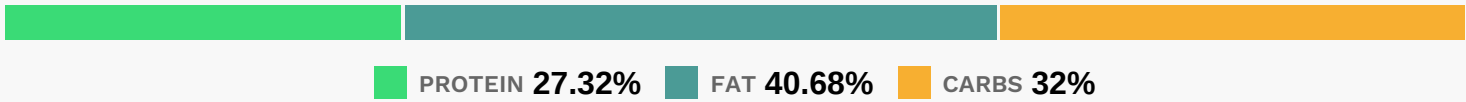
## Equipment

- ☐ dutch oven

## Directions

- ☐ Cook first 5 ingredients and 1/2 teaspoon salt in hot oil in a large Dutch oven over medium-high heat, stirring constantly, 8 minutes or until beef browns and vegetables are tender.
- ☐ Stir in remaining 1 teaspoon salt, crushed tomatoes, 1/2 cup beer, and next 6 ingredients, and simmer, stirring occasionally, 30 minutes. Stir in remaining 1 cup beer, broth, and beans, and simmer, stirring occasionally, 45 minutes or until thoroughly heated.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:29.05, Glycemic Load:2.73, Inflammation Score:-8, Nutrition Score:20.916956538739%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg  
Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 353.58kcal (17.68%), Fat: 16g (24.61%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 28.31g (9.44%), Net  
Carbohydrates: 18.45g (6.71%), Sugar: 4.54g (5.04%), Cholesterol: 52.3mg (17.43%), Sodium: 1177.66mg (51.2%),  
Alcohol: 1.11g (100%), Alcohol %: 0.41% (100%), Protein: 24.16g (48.33%), Fiber: 9.85g (39.41%), Phosphorus:  
378.57mg (37.86%), Selenium: 22.9µg (32.71%), Calcium: 306.12mg (30.61%), Vitamin B6: 0.53mg (26.33%),  
Manganese: 0.52mg (26.05%), Iron: 4.43mg (24.63%), Vitamin C: 19.99mg (24.23%), Zinc: 3.52mg (23.45%),  
Vitamin B3: 4.67mg (23.37%), Folate: 93.28µg (23.32%), Potassium: 801.98mg (22.91%), Vitamin B2: 0.38mg  
(22.43%), Copper: 0.41mg (20.28%), Magnesium: 78.14mg (19.53%), Vitamin A: 922.83IU (18.46%), Vitamin B1:  
0.26mg (17.42%), Vitamin E: 2.35mg (15.64%), Vitamin B12: 0.71µg (11.78%), Vitamin K: 11.74µg (11.18%), Vitamin B5:  
0.83mg (8.29%), Vitamin D: 0.18µg (1.2%)