



Black Bean-Salsa Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices hickory-smoked bacon sweet chopped
- 30 ounce black beans divided rinsed drained canned
- 1.5 tablespoons chili powder
- 0.1 teaspoon pepper red crushed
- 1 tablespoon brown sugar dark
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup bell pepper green chopped
- 1 tablespoon ground cumin

- 0.5 pound pd of ground turkey
- 14 ounce less-sodium beef broth fat-free canned
- 1 teaspoon juice of lime fresh
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 1 teaspoon oregano dried
- 0.5 cup bell pepper red chopped
- 1.5 cups mild salsa
- 1 cup onion sweet chopped
- 3 tablespoons tomato paste
- 0.7 cup water

Equipment

- food processor
- bowl
- frying pan
- sauce pan

Directions

- Combine 1 1/2 cups beans, 2/3 cup water, and sugar in a food processor; process until smooth.
- Combine bean puree and remaining beans in a bowl.
- Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- Add turkey; cook 3 minutes or until browned, stirring to crumble.
- Remove turkey from pan.
- Add onion, bell peppers, and bacon to pan; cook 5 minutes or until bacon and onion are lightly browned. Return turkey to pan.
- Add chili powder, cumin, oregano, and crushed red pepper to pan; stir well to coat. Stir in bean mixture, salsa, tomato paste, and broth; bring to a boil. Reduce heat, and simmer for 30 minutes, stirring occasionally.
- Combine sour cream, cilantro, and juice in a small bowl.

Serve chili with sour cream mixture.

Nutrition Facts

PROTEIN 28.73% **FAT 23.54%** **CARBS 47.73%**

Properties

Glycemic Index:21.5, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:22.546521850254%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 305.4kcal (15.27%), Fat: 8.32g (12.8%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 24.98g (9.08%), Sugar: 7.79g (8.66%), Cholesterol: 34.76mg (11.59%), Sodium: 1303.63mg (56.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.7%), Fiber: 12.97g (51.88%), Vitamin C: 34.67mg (42.03%), Vitamin B6: 0.72mg (35.9%), Potassium: 1140.28mg (32.58%), Vitamin B3: 6.5mg (32.52%), Vitamin A: 1620.16IU (32.4%), Phosphorus: 320.82mg (32.08%), Manganese: 0.57mg (28.48%), Folate: 110.22µg (27.56%), Iron: 4.89mg (27.14%), Magnesium: 90.34mg (22.58%), Copper: 0.44mg (21.83%), Vitamin B1: 0.32mg (21.65%), Selenium: 14.67µg (20.96%), Vitamin B2: 0.32mg (18.8%), Vitamin E: 2.41mg (16.05%), Zinc: 2.07mg (13.8%), Calcium: 131.23mg (13.12%), Vitamin K: 11.7µg (11.14%), Vitamin B5: 0.9mg (9.04%), Vitamin B12: 0.33µg (5.47%), Vitamin D: 0.23µg (1.56%)