



Brown Bean Chowder

 Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 2.5 cups pinto beans dried
- 1 cup bread crumbs dry
- 1 teaspoon garlic minced
- 1 pound ground beef
- 0.5 medium onion chopped
- 1 tablespoon salt
- 1.7 cups tomato purée

3 quarts water

Equipment

frying pan

pot

Directions

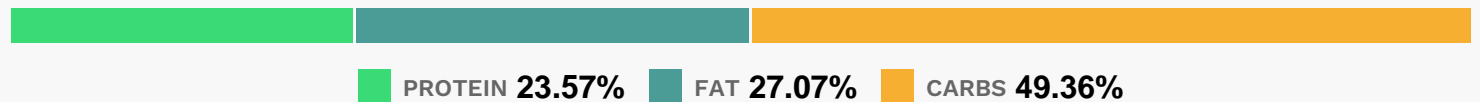
Place the beans and water in a large pot. Bring to a boil, and cook until the beans are almost tender, about 1 1/2 hours. Season with 1 1/2 teaspoons of chili powder, and 1 1/2 teaspoons of salt.

While the beans are cooking, crumble the ground beef into a large skillet over medium-high heat.

Add onion and garlic; cook and stir until onion is tender and meat is browned.

Drain off excess grease, and stir in the tomato puree, 1 tablespoon chili powder, 1 tablespoon salt and bread crumbs. Stir into the pot with the beans, adding more water if needed to achieve your desired thickness. Taste and adjust seasonings if you like before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:14.99, Inflammation Score:-9, Nutrition Score:36.324782578841%

Flavonoids

Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 577.99kcal (28.9%), Fat: 17.42g (26.8%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 71.48g (23.83%), Net Carbohydrates: 56.19g (20.43%), Sugar: 6.82g (7.57%), Cholesterol: 53.68mg (17.89%), Sodium: 1421.16mg (61.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.12g (68.24%), Folate: 456.88µg (114.22%),

Manganese: 1.26mg (63.25%), Fiber: 15.29g (61.15%), Selenium: 39.21µg (56.02%), Copper: 1.11mg (55.7%), Vitamin B1: 0.81mg (53.78%), Phosphorus: 516.19mg (51.62%), Potassium: 1720.72mg (49.16%), Magnesium: 186.65mg (46.66%), Iron: 7.98mg (44.32%), Vitamin B6: 0.78mg (39.2%), Zinc: 5.65mg (37.64%), Vitamin B3: 6.57mg (32.85%), Vitamin B12: 1.68µg (28.01%), Vitamin B2: 0.43mg (25.22%), Calcium: 172.85mg (17.28%), Vitamin C: 13.62mg (16.51%), Vitamin E: 2.44mg (16.25%), Vitamin A: 766.73IU (15.33%), Vitamin B5: 1.46mg (14.56%), Vitamin K: 10.98µg (10.46%)