



## Bull Riders All Beef Chili

 Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cubes beef bouillon from cube
- 1.5 pounds beef stew meat cubed
- 5 tablespoons mild chili powder
- 1 large eggplant diced
- 3 tablespoons flour all-purpose
- 1 teaspoon ground pepper black
- 1 tablespoon olive oil
- 0.3 cup oregano dried

- 1 teaspoon paprika
- 1 teaspoon sea salt
- 6 ounce tomato paste canned
- 2 cups water

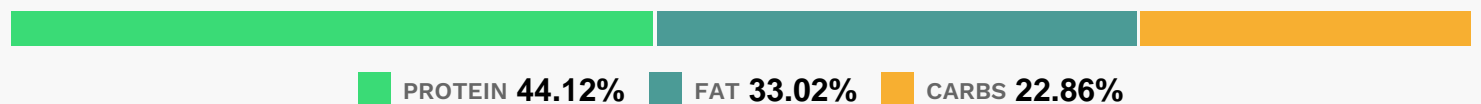
## Equipment

- frying pan
- slow cooker

## Directions

- Heat a large cast-iron skillet over medium-high heat until it begins to smoke slightly.
- Pour in the olive oil, and tip the pan to coat.
- Add beef cubes; cook and stir to brown on all sides. When the meat is pretty much browned, season with chili powder, oregano, paprika and pepper. Stir the beef to coat with all of the spices, and continue browning until spices become fragrant. Scrape all of the beef out of the pan, and into a 3 1/2 quart slow cooker.
- Pour the water into the skillet, and watch out! It will sizzle. Stir in the beef bouillon, and scrape all of the bits of beef and spice off of the bottom of the pan. When the bouillon is dissolved, and the bottom of the pan is clear, pour the liquid into the slow cooker.
- Mix the eggplant and tomato paste into the chili. Adjust the amount of liquid in the slow cooker if necessary by adding water until it is within 1/2 inch of the top.
- Cover, and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours. Low heat is preferred if you have the time. Twenty minutes before serving, sift in the flour, and stir in along with the salt. Allow to cook until thickened.
- Serve with your favorite chili toppings.

## Nutrition Facts



## Properties

Glycemic Index:24.38, Glycemic Load:2.54, Inflammation Score:-10, Nutrition Score:18.01999991873%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 185.4kcal (9.27%), Fat: 6.98g (10.74%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 6.15g (2.24%), Sugar: 3.41g (3.79%), Cholesterol: 52.73mg (17.58%), Sodium: 458.75mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.97%), Vitamin B6: 0.76mg (38.16%), Selenium: 25.94µg (37.05%), Vitamin B3: 7.23mg (36.17%), Vitamin A: 1691.4IU (33.83%), Zinc: 3.98mg (26.55%), Vitamin B12: 1.57µg (26.24%), Phosphorus: 225.03mg (22.5%), Vitamin E: 3.2mg (21.35%), Iron: 3.8mg (21.1%), Manganese: 0.4mg (19.97%), Vitamin K: 20.43µg (19.46%), Fiber: 4.73g (18.9%), Potassium: 612.74mg (17.51%), Vitamin B2: 0.24mg (14.17%), Copper: 0.25mg (12.35%), Magnesium: 46.3mg (11.57%), Vitamin B1: 0.16mg (10.38%), Folate: 36.71µg (9.18%), Calcium: 73.16mg (7.32%), Vitamin B5: 0.67mg (6.71%), Vitamin C: 3.29mg (3.98%)