



Caution Flag Chili with Flat Tire Toppers

READY IN



30 min.

SERVINGS



6

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock
- 1 cup beer ()
- 6 servings butter softened for greasing a griddle
- 1 can black beans rinsed drained
- 2 chipotles in adobo chopped
- 1 package corn muffin mix for corn pancakes, listed on the side of the box (recommended: Jiffy, made to package directions)
- 1.5 teaspoons cumin
- 28 ounce canned tomatoes fire roasted crushed canned

- 3 cloves garlic chopped
- 2 tablespoons grill seasoning
- 2 pounds ground sirloin
- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped
- 2 poblano peppers seeded thinly sliced
- 2 scallions chopped
- 0.5 cup steak sauce (recommended: Peter Luger or A1)
- 2 tablespoons worcestershire sauce

Equipment

- frying pan
- pot
- grill

Directions

- Heat the extra-virgin olive oil in a medium soup pot over medium high to high heat. When oil smokes, add the sliced poblanos and char them a couple of minutes and scoot them off to the side of the pan and add meat. Break up beef and brown it a couple of minutes then add the onions and garlic. Season the meat with grill seasoning, Worcestershire and chipotles in adobo. Cook until onions are tender, 5 to 6 minutes more, then stir in steak sauce and beer. Cook beer off for 1 minute then add stock and tomatoes and reduce heat to low.
- Heat a nonstick griddle pan over medium heat. Butter the griddle then pour in batter to make 3 3/4-inch corn pancakes. Season beans with cumin. Top each poured corn cake with a couple tablespoons of black beans and a little chopped scallion. Flip cakes when bottoms are deeply golden and cook another 1 to 2 minutes on the opposite side. You should be able to make 6 cakes in 2 batches.
- Top bowlfuls of the chili with flat tire toppers and serve.
- Serve with plenty of cold 40s or wine coolers (recommended: thunderbird). Put all firearms away before serving.

Nutrition Facts



■ PROTEIN 21.24% ■ FAT 45.94% ■ CARBS 32.82%

Properties

Glycemic Index:32.42, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:30.686521644178%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 738.2kcal (36.91%), Fat: 36.9g (56.77%), Saturated Fat: 13.48g (84.23%), Carbohydrates: 59.31g (19.77%), Net Carbohydrates: 48.67g (17.7%), Sugar: 16.17g (17.96%), Cholesterol: 114.37mg (38.12%), Sodium: 1418.94mg (61.69%), Alcohol: 1.53g (100%), Alcohol %: 0.34% (100%), Protein: 38.39g (76.79%), Phosphorus: 582.26mg (58.23%), Vitamin B12: 3.33µg (55.56%), Zinc: 7.72mg (51.47%), Vitamin C: 41.08mg (49.79%), Vitamin B3: 9.89mg (49.44%), Iron: 8.12mg (45.1%), Fiber: 10.64g (42.55%), Vitamin B6: 0.83mg (41.3%), Selenium: 28.46µg (40.66%), Vitamin B2: 0.52mg (30.3%), Potassium: 1033.45mg (29.53%), Vitamin K: 29.74µg (28.33%), Manganese: 0.56mg (27.78%), Vitamin B1: 0.4mg (26.88%), Folate: 106.92µg (26.73%), Magnesium: 82.78mg (20.69%), Copper: 0.4mg (19.93%), Vitamin A: 994.5IU (19.89%), Calcium: 157.59mg (15.76%), Vitamin B5: 1.25mg (12.49%), Vitamin E: 1.86mg (12.37%), Vitamin D: 0.15µg (1.01%)