



Chasen's Famous Chili

 Gluten Free  Dairy Free

READY IN



202 min.

SERVINGS



10

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons chili powder
- ☐ 1 cup pinto beans dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 pound ground pork lean
- ☐ 1.3 pounds ground round
- ☐ 2 cups onion chopped
- ☐ 2 cups bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 3 cups water

Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a Dutch oven. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain beans.
- ☐ Add 3 cups water. Bring to a boil; cover, reduce heat, and simmer 1 hour and 30 minutes or until beans are tender. Stir in tomatoes; cook 5 minutes.
- ☐ While beans cook, heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add bell pepper and onion; cook 8 minutes or until tender, stirring frequently.
- ☐ Add parsley and garlic; cook 1 minute.
- ☐ Add ground round and remaining ingredients; cook 8 minutes or until browned, stirring to crumble.
- ☐ Add meat mixture to bean mixture. Bring to a boil; cover, reduce heat, and simmer 30 minutes.
- ☐ Let the kids stir the pot while the meat is browning and the tomatoes are cooking. They'll feel like real cooks. Just make sure you stay close.

Nutrition Facts



 **PROTEIN 28.97%**  **FAT 38.62%**  **CARBS 32.41%**

Properties

Glycemic Index:23.5, Glycemic Load:6.29, Inflammation Score:-9, Nutrition Score:24.784782736198%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 293.94kcal (14.7%), Fat: 12.86g (19.79%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 17.67g (6.43%), Sugar: 6.7g (7.45%), Cholesterol: 53.18mg (17.73%), Sodium: 436.44mg (18.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.41%), Vitamin C: 51.4mg (62.31%), Vitamin A: 1947.03IU (38.94%), Folate: 138.98µg (34.74%), Vitamin B6: 0.69mg (34.6%), Vitamin K: 35.65µg (33.95%), Selenium: 21.63µg (30.91%), Vitamin B1: 0.43mg (28.51%), Vitamin B3: 5.7mg (28.49%), Zinc: 4.14mg (27.62%), Phosphorus: 275.91mg (27.59%), Fiber: 6.61g (26.45%), Potassium: 920.59mg (26.3%), Manganese: 0.52mg (26.13%), Iron: 4.34mg (24.1%), Vitamin B12: 1.41µg (23.53%), Copper: 0.43mg (21.44%), Magnesium: 78.36mg (19.59%), Vitamin E: 2.87mg (19.14%), Vitamin B2: 0.28mg (16.67%), Vitamin B5: 1.03mg (10.27%), Calcium: 83.88mg (8.39%)