



Cheeseburger Chili

READY IN



65 min.

SERVINGS



6

CALORIES



951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ancho chile powder
- 2 cups beef stock
- 3 tablespoons butter
- 14 ounce kidney beans red drained canned
- 6 servings kosher salt and coarse pepper black
- 0.3 cup dill pickle relish
- 2 tablespoons flour
- 3 cloves garlic finely chopped
- 0.5 cup catsup such as heinz organic

- 2 pounds ground beef lean for a more buttery flavored beef chili, sirloin for steak-like flavor (chuck)
- 2 cups mild cheddar shredded yellow
- 1.5 cups milk
- 2 onions finely chopped
- 6 servings onions raw chopped
- 6 servings ripple potato chips
- 6 servings salt and pepper black freshly ground
- 3 large starchy potatoes dried scrubbed
- 2 tablespoons vegetable oil
- 0.3 cup worcestershire sauce
- 0.3 cup mustard yellow such as ploughman's or french's

Equipment

- bowl
- baking sheet
- oven
- whisk
- pot
- broiler
- microwave
- dutch oven

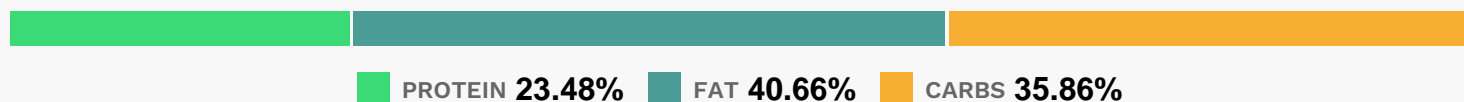
Directions

- Watch how to make this recipe.
- Heat the oil in a large pot or Dutch oven over medium-high heat. Pat the meat dry and add to the hot oil. Brown and crumble the meat until it is evenly caramelized.
- Add the chili powder and some salt and pepper. Stir.
- Add the garlic and onions; cook to soften, 7 to 8 minutes. Then add the beef stock, ketchup, Worcestershire, mustard and hot sauce, to taste. Stir in the beans and reduce the heat to

keep the chili at a simmer. Cook to thicken, partially covered, about 20 minutes. Cool and store for a make-ahead meal. Reheat over medium heat. Stir frequently. For the cheeseburger sauce: Melt the butter in a sauce pot over medium heat.

- Whisk in the flour, cook 1 minute, then add the milk. Season the sauce with salt and pepper and thicken to coat back of spoon. Stir in the cheese in a figure-eight motion. Once the cheese has melted, stir in the relish and raw onions, taste the sauce for seasoning. Cool and store. Reheat over medium-low heat, partially covered, stirring frequently. Alternatively, reheat in a microwave oven, partially covered, stirring occasionally until evenly hot through, 2 1/2 to 3 minutes on high.
- Serve the chili in shallow bowls, topped with Easy Oven Fries or chips, cheese sauce and onions.
- While the chili and sauce are heating up, preheat the oven to 450 degrees F.
- Place the oven rack in center of the oven.
- Cut the potatoes into planks lengthwise, then into thin sticks. Arrange the fries on a large baking sheet and spray evenly with cooking spray. Season the potatoes with salt and pepper.
- Bake 10 to 12 minutes. Then switch the broiler to high and cook until crisp, 10 to 15 minutes more, turning once.

Nutrition Facts



Properties

Glycemic Index:79.13, Glycemic Load:34.29, Inflammation Score:-9, Nutrition Score:46.751304543537%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.81mg, Quercetin: 18.81mg, Quercetin: 18.81mg, Quercetin: 18.81mg

Nutrients (% of daily need)

Calories: 950.52kcal (47.53%), Fat: 43.62g (67.11%), Saturated Fat: 17.31g (108.19%), Carbohydrates: 86.57g (28.86%), Net Carbohydrates: 76.06g (27.66%), Sugar: 15.7g (17.45%), Cholesterol: 153.78mg (51.26%), Sodium: 1717.63mg (74.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.69g (113.37%), Vitamin B6: 1.79mg (89.61%), Phosphorus: 845.49mg (84.55%), Zinc: 11.23mg (74.86%), Potassium: 2463.93mg (70.4%), Vitamin B3:

13.86mg (69.32%), Vitamin B12: 4.13µg (68.79%), Selenium: 47.39µg (67.7%), Manganese: 1mg (49.78%), Vitamin B2: 0.83mg (49.08%), Iron: 8.66mg (48.09%), Calcium: 472.31mg (47.23%), Fiber: 10.51g (42.02%), Magnesium: 163.64mg (40.91%), Vitamin E: 6.11mg (40.71%), Vitamin A: 1977.53IU (39.55%), Vitamin B1: 0.52mg (34.91%), Vitamin B5: 3.43mg (34.31%), Copper: 0.66mg (33.18%), Vitamin C: 26.83mg (32.52%), Vitamin K: 28.33µg (26.98%), Folate: 95.15µg (23.79%), Vitamin D: 1.05µg (6.99%)