



Cheesy Black Bean and Corn Chili

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



10

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce black beans rinsed drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2.5 ounce chili seasoning original seasoning mix® such as French's Chili-O
- ☐ 4 green onions chopped
- ☐ 1 pound ground beef lean
- ☐ 1 pound processed cheese food cubed velveeta® such as
- ☐ 1 cup water
- ☐ 15.3 ounce kernel corn whole undrained canned

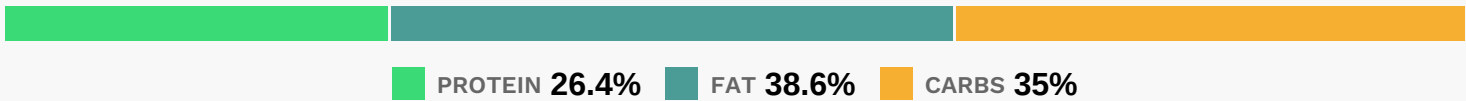
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place ground beef into a large skillet and cook, stirring often, until the beef is browned and crumbled, about 10 minutes. Stir in green onions after 5 minutes.
- ☐ Drain excess grease.
- ☐ Place ground beef mixture into a large soup pot over medium heat.
- ☐ Stir in black beans, corn and its liquid, chili seasoning mix, crushed tomatoes, and water; stir to combine. If chili seems too thick, mix in a little more water.
- ☐ Cover the chili and cook 1 hour; add processed cheese cubes, allow to melt, and stir into the chili until smooth just before serving.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:2.35, Inflammation Score:-10, Nutrition Score:29.943477962328%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 425.43kcal (21.27%), Fat: 18.82g (28.96%), Saturated Fat: 9.59g (59.92%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 25.49g (9.27%), Sugar: 5.36g (5.96%), Cholesterol: 73.48mg (24.49%), Sodium: 1459.79mg (63.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.92%), Vitamin A: 4143.09IU (82.86%), Phosphorus: 585.5mg (58.55%), Calcium: 570.99mg (57.1%), Fiber: 12.91g (51.64%), Iron: 6.49mg (36.03%), Zinc: 4.79mg (31.94%), Manganese: 0.61mg (30.51%), Potassium: 1067.31mg (30.49%), Folate: 113.12µg (28.28%), Vitamin B12: 1.7µg (28.27%), Selenium: 19.67µg (28.09%), Vitamin B2: 0.47mg (27.71%), Vitamin B6: 0.55mg (27.31%), Vitamin B3: 5.36mg (26.81%), Copper: 0.52mg (25.88%), Magnesium: 100.87mg (25.22%), Vitamin E: 3.57mg (23.81%), Vitamin K: 21.15µg (20.14%), Vitamin B1: 0.3mg (19.74%), Vitamin C: 12.45mg (15.09%), Vitamin B5: 1.11mg (11.11%), Vitamin D: 0.32µg (2.12%)