



Chef John's Italian Sausage Chili

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

READY IN



110 min.

SERVINGS



6

CALORIES



882 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chile powder
- 30 ounce .5 can cannellini beans drained and rinsed canned
- 0.5 teaspoon chipotle chile powder
- 1 bell pepper diced green
- 1 teaspoon ground cumin
- 1 teaspoon ground pepper black
- 1.3 pounds sausage italian hot
- 1 tablespoon olive oil

- 1 onion chopped
- 0.5 teaspoon oregano dried
- 1 teaspoon paprika
- 1 bell pepper diced red
- 6 servings salt to taste
- 1.3 pounds mild sausage italian
- 1 cup tomato purée
- 2.5 cups water or as needed

Equipment

- pot
- wooden spoon

Directions

- Heat oil in a large pot over medium-high heat. Cook and stir hot Italian sausage, mild Italian sausage, onion, and a pinch of salt together in the pot, breaking up sausage with a wooden spoon. Cook until sausage is browned and crumbly, and most of the liquid is evaporated, about 10 minutes.
- Stir ancho chile powder, paprika, cumin, ground black pepper, chipotle chile powder, and oregano into sausage mixture; saute until fragrant, about 2 minutes.
- Pour water and tomato puree into sausage mixture, bring to a simmer, reduce heat to medium-low, and cook on a steady simmer until sausage is tender, about 45 minutes.
- Add water as necessary and skim any fat that floats to the top.
- Stir cannellini beans, red bell pepper, and green bell pepper into sausage mixture. Simmer until vegetables are tender, about 30 minutes. Season with salt to taste.

Nutrition Facts

 PROTEIN 17.64%  FAT 63.71%  CARBS 18.65%

Properties

Glycemic Index:35.5, Glycemic Load:8.29, Inflammation Score:-9, Nutrition Score:36.008261100106%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 881.54kcal (44.08%), Fat: 62.69g (96.45%), Saturated Fat: 21.86g (136.65%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 31.25g (11.36%), Sugar: 5.02g (5.58%), Cholesterol: 143.64mg (47.88%), Sodium: 1646.75mg (71.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.07g (78.14%), Vitamin B1: 1.26mg (84.1%), Selenium: 50.16µg (71.66%), Vitamin C: 51.15mg (62%), Manganese: 1.1mg (54.83%), Iron: 8.3mg (46.1%), Vitamin B6: 0.92mg (45.98%), Phosphorus: 440.76mg (44.08%), Potassium: 1488.87mg (42.54%), Fiber: 10.05g (40.2%), Vitamin B3: 7.62mg (38.12%), Vitamin A: 1881.17IU (37.62%), Zinc: 5.4mg (35.99%), Copper: 0.68mg (34.12%), Folate: 128.04µg (32.01%), Magnesium: 122.79mg (30.7%), Vitamin B12: 1.72µg (28.66%), Vitamin B2: 0.46mg (27.29%), Vitamin E: 3.87mg (25.77%), Calcium: 172.85mg (17.28%), Vitamin B5: 1.56mg (15.62%), Vitamin K: 14.2µg (13.52%)