



Chicken and Chorizo Chili



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 15 ounce beans white drained canned
- ☐ 3 cups chicken stock see
- ☐ 0.3 cup chili powder
- ☐ 0.8 pound chorizo sausage chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 pounds ground chicken

- ☐ 1.5 tablespoons ground cumin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 8 servings salt to taste
- ☐ 6 ounce tomato paste canned

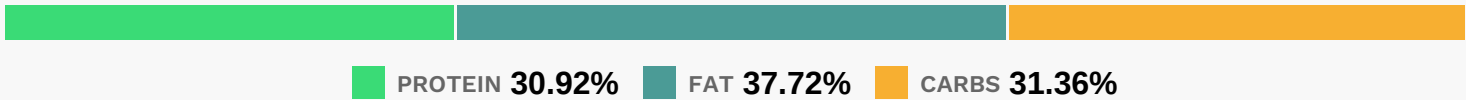
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven or a large pot over medium-high heat; cook and stir chorizo in hot oil until heated through, about 2 minutes.
- ☐ Remove chorizo using a slotted spoon to a bowl.
- ☐ Add chicken; cook and stir until chicken is browned and crumbly, 5 to 6 minutes. Season with chili powder and cumin.
- ☐ Stir chorizo, onion, garlic, red bell pepper, black beans, and white beans into chicken; cook and stir until onion begin to soften, 5 to 6 minutes.
- ☐ Pour beer into chili; bring to a simmer.
- ☐ Add tomatoes, chicken stock, and tomato paste; simmer until heated through, about 5 minutes. Season with salt. Reduce heat to low and simmer until flavors blend, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:3.73, Inflammation Score:-10, Nutrition Score:28.244347986968%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 453.31kcal (22.67%), Fat: 19.32g (29.73%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 25.5g (9.27%), Sugar: 6.58g (7.31%), Cholesterol: 130.22mg (43.41%), Sodium: 903.11mg (39.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.64g (71.29%), Vitamin A: 3334.25IU (66.69%), Vitamin B6: 0.97mg (48.5%), Vitamin B3: 9.47mg (47.36%), Fiber: 10.65g (42.59%), Vitamin C: 33.62mg (40.75%), Iron: 7.14mg (39.68%), Potassium: 1374.1mg (39.26%), Phosphorus: 376.1mg (37.61%), Manganese: 0.67mg (33.58%), Vitamin B2: 0.54mg (31.47%), Vitamin E: 4.37mg (29.11%), Selenium: 17.03µg (24.32%), Copper: 0.48mg (24.08%), Magnesium: 95.96mg (23.99%), Vitamin B1: 0.34mg (22.58%), Folate: 87.05µg (21.76%), Zinc: 3.18mg (21.19%), Vitamin B5: 1.63mg (16.3%), Calcium: 153.73mg (15.37%), Vitamin K: 13.49µg (12.85%), Vitamin B12: 0.63µg (10.58%)