



Chili Con Carne

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

READY IN



140 min.

SERVINGS



8

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 12 ounce amber beer
- 30 ounce black beans drained and rinsed canned
- 28 ounce canned tomatoes whole crushed canned
- 0.3 cup chili powder
- 4 cloves garlic finely chopped
- 1 large bell pepper green chopped
- 2 pounds ground beef chuck

- 1 tablespoon ground cumin
- 1 tablespoon hot sauce
- 8 servings kosher salt
- 1.5 cups beef broth low-sodium plus more if needed
- 1 large onion chopped
- 2 teaspoons oregano dried
- 2 teaspoons paprika
- 2 tablespoons tomato paste
- 2 tablespoons cocoa powder unsweetened

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- wooden spoon
- slotted spoon
- dutch oven

Directions

- Cook the bacon in a large saucepan or Dutch oven over medium heat until crisp, 6 to 8 minutes per side.
- Drain on a paper towel-lined plate and let cool, then crumble and set aside.
- Pour off all but 1 tablespoon of the bacon drippings from the saucepan (reserve the drippings). Increase the heat to medium high, add the beef and cook, breaking up the meat with a wooden spoon, until browned, about 8 minutes.
- Transfer to a plate using a slotted spoon; wipe out the pan.
- Heat 1 tablespoon of the reserved bacon drippings in the saucepan over medium-high heat.

- Add the onion and bell pepper and cook, stirring, until soft, about 5 minutes.
- Add the garlic and 1 teaspoon salt and cook 2 minutes.
- Add the chili powder, cumin, paprika, oregano and tomato paste and cook, stirring, until the tomato paste is brick red, about 6 minutes (add a splash of water if the mixture begins to stick).
- Add the beer and simmer until almost completely reduced, about 3 minutes.
- Stir in the beef and any juices from the plate; add the cocoa powder, tomatoes, beef broth and beans and bring to a simmer over low heat. Cook, stirring occasionally, until the chili thickens slightly, about 1 hour, 30 minutes.
- Stir the hot sauce into the chili and season with salt.
- Add some beef broth if the chili is too thick. Ladle into bowls and top with the crumbled bacon, cheese, scallions and/or sour cream.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:32.260000073391%

Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 552.97kcal (27.65%), Fat: 31.38g (48.28%), Saturated Fat: 11.35g (70.96%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 22.3g (8.11%), Sugar: 6.82g (7.58%), Cholesterol: 91.4mg (30.47%), Sodium: 1201.81mg (52.25%), Alcohol: 1.66g (100%), Alcohol %: 0.44% (100%), Protein: 32.69g (65.37%), Vitamin A: 2820.12IU (56.4%), Fiber: 13.59g (54.36%), Vitamin B6: 0.91mg (45.54%), Iron: 8.09mg (44.94%), Vitamin B3: 8.8mg (43.99%), Zinc: 6.36mg (42.39%), Vitamin B12: 2.52µg (41.96%), Phosphorus: 408.19mg (40.82%), Vitamin C: 32.55mg (39.46%), Potassium: 1364.97mg (39%), Manganese: 0.76mg (38.25%), Selenium: 24.86µg (35.51%), Vitamin E: 5.11mg (34.09%), Copper: 0.64mg (31.95%), Vitamin B2: 0.47mg (27.92%), Magnesium: 109.17mg (27.29%), Vitamin B1:

0.37mg (24.85%), Folate: 98.45µg (24.61%), Vitamin K: 20.81µg (19.82%), Calcium: 146.76mg (14.68%), Vitamin B5: 1.3mg (12.95%), Vitamin D: 0.18µg (1.2%)