



Chili con Carne

READY IN



705 min.

SERVINGS



8

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup ancho chili pepper
- ☐ 4 pounds beef chuck boneless cut into 1/2-inch cube (from 5 pounds)
- ☐ 28 ounce frangelico diced canned
- ☐ 2 teaspoons kosher salt
- ☐ 12 ounce beer dark
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 15 cloves garlic peeled chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 2 tablespoons ground cumin
- ☐ 3 tablespoons corn tortillas (corn tortilla mix)
- ☐ 8 servings onion green red chopped
- ☐ 2 medium onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 8 servings sharp cheddar cheese grated
- ☐ 2 tablespoons tomato paste
- ☐ 4 tablespoons vegetable oil divided

Equipment

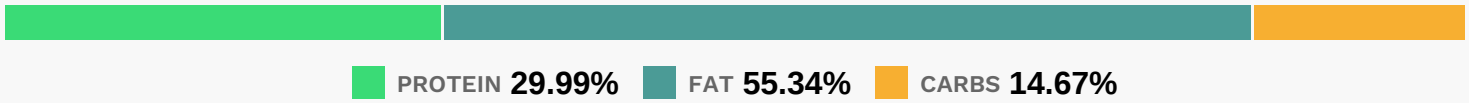
- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon oil in large pot over medium-high heat.
- ☐ Add 1/3 of beef; sprinkle with salt. Cook until browned, stirring occasionally, about 3 minutes. Using slotted spoon, transfer beef to large bowl. Repeat 2 more times with 2 tablespoons oil and beef.
- ☐ Reduce heat to medium.
- ☐ Add 1 tablespoon oil and onions. Sauté until soft, 8 to 10 minutes.
- ☐ Add garlic; stir 2 minutes.
- ☐ Add ground anchos, cumin, allspice, cinnamon, and cloves; stir until fragrant, about 1 minute.
- ☐ Add beer; stir 1 minute, scraping up browned bits. Return beef and juices to pot.
- ☐ Add tomatoes with juice, 2 cups water, oregano, and 2 teaspoons coarse salt. Bring chili to boil. Reduce heat to low, cover with lid slightly ajar, and simmer gently until beef is just tender, 1 3/4 to 2 hours. Cool 1 hour, then chill uncovered until cold. Cover; chill overnight.
- ☐ Spoon fat from chili. Bring chili to simmer over medium heat. Stir in tomato paste.

- ☐
- Sprinkle masa over; stir to blend. Simmer uncovered until thickened and beef is very tender, stirring often, and adding more water by 1/4 cupfuls if too thick, about 30 minutes.
- ☐
- Divide chili among bowls. Top with garnishes and serve.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:39.44652213221%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 16.91mg, Quercetin: 16.91mg, Quercetin: 16.91mg, Quercetin: 16.91mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 721.32kcal (36.07%), Fat: 44.56g (68.55%), Saturated Fat: 18.46g (115.36%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 19.83g (7.21%), Sugar: 10.32g (11.47%), Cholesterol: 186.49mg (62.16%), Sodium: 1017.75mg (44.25%), Alcohol: 1.66g (100%), Alcohol %: 0.4% (100%), Protein: 54.33g (108.66%), Zinc: 18.71mg (124.71%), Vitamin B12: 6.52µg (108.63%), Vitamin A: 4345.33IU (86.91%), Selenium: 57.86µg (82.65%), Phosphorus: 657.29mg (65.73%), Vitamin B6: 1.23mg (61.53%), Vitamin B3: 11.76mg (58.81%), Vitamin B2: 0.7mg (40.95%), Iron: 7.33mg (40.73%), Potassium: 1293.91mg (36.97%), Vitamin K: 37.12µg (35.35%), Calcium: 318.32mg (31.83%), Fiber: 6.73g (26.93%), Manganese: 0.51mg (25.51%), Magnesium: 89.33mg (22.33%), Vitamin B5: 1.83mg (18.28%), Vitamin C: 13.58mg (16.47%), Vitamin B1: 0.24mg (15.99%), Copper: 0.27mg (13.71%), Vitamin E: 2.04mg (13.57%), Folate: 41.26µg (10.31%), Vitamin D: 0.41µg (2.71%)