



Chili con Carne



Gluten Free



Dairy Free

READY IN



440 min.

SERVINGS



10

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef chuck cut into 1/2-inch cubes
- ☐ 0.5 cup beer
- ☐ 15.5 oz black beans drained and rinsed canned
- ☐ 29 oz tomatoes diced canned
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon cumin
- ☐ 4 cloves garlic minced
- ☐ 8 ounces ground sausage italian hot

- ☐ 2 jalapeno seeded finely chopped
- ☐ 1 large onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon pepper
- ☐ 15.5 oz kidney beans dark red drained and rinsed canned
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

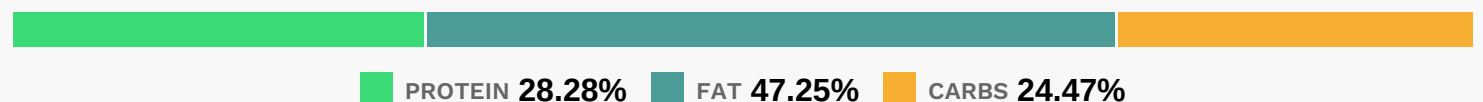
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Warm oil in a large skillet over high heat. Season beef with salt and pepper. Saut meat until no pink remains, 3 minutes.
- ☐ Transfer to slow cooker.
- ☐ Add sausage to skillet; saut until browned, 3 minutes.
- ☐ Transfer to slow cooker.
- ☐ Add onion, garlic and jalapeos to skillet; saut for 2 minutes.
- ☐ Add chili powder, cumin and oregano; saut for 1 minute.
- ☐ Transfer to slow cooker.
- ☐ Pour beer into skillet; bring to a boil, stirring.
- ☐ Pour into slow cooker.
- ☐ Stir tomatoes and both kinds of beans into slow cooker. Cover and cook on low for 7 hours.
- ☐ Serve hot, with toppings such as scallions, sour cream and shredded Cheddar.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:23.488260543865%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 397.58kcal (19.88%), Fat: 21.11g (32.48%), Saturated Fat: 7.69g (48.07%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 16.29g (5.92%), Sugar: 3.01g (3.34%), Cholesterol: 79.83mg (26.61%), Sodium: 787.75mg (34.25%), Alcohol: 0.46g (100%), Alcohol %: 0.18% (100%), Protein: 28.43g (56.86%), Zinc: 8.21mg (54.71%), Vitamin B12: 2.69µg (44.76%), Selenium: 26.21µg (37.44%), Phosphorus: 346.41mg (34.64%), Vitamin B6: 0.67mg (33.73%), Iron: 5.98mg (33.25%), Fiber: 8.3g (33.22%), Vitamin B3: 6.13mg (30.64%), Manganese: 0.53mg (26.69%), Potassium: 912.07mg (26.06%), Folate: 100.88µg (25.22%), Vitamin B1: 0.38mg (25.15%), Vitamin B2: 0.32mg (18.99%), Magnesium: 73.54mg (18.39%), Copper: 0.36mg (17.94%), Vitamin C: 14.69mg (17.8%), Vitamin K: 17.57µg (16.74%), Vitamin A: 630.25IU (12.61%), Vitamin E: 1.78mg (11.84%), Vitamin B5: 1.01mg (10.07%), Calcium: 97.39mg (9.74%)