



Chili Con Carne



Gluten Free



Popular

READY IN



145 min.

SERVINGS



4

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp chili powder red
- ☐ 1 teaspoon chipotle chile powder
- ☐ 1 Tbsp ground cumin
- ☐ 2 teaspoons ground oregano
- ☐ 1 teaspoon thyme leaves
- ☐ 0.5 teaspoon ground coriander seeds
- ☐ 3 Tbsp water
- ☐ 4 strips bacon

- ☐ 2.5 pound chuck roast cut into 1/2-inch cubes
- ☐ 4 servings salt
- ☐ 1 medium onion white chopped
- ☐ 3 cloves garlic minced
- ☐ 2 jalapeño chili peppers minced seeded
- ☐ 14 oz canned tomatoes whole canned
- ☐ 2.5 cups water
- ☐ 1 Tbsp juice of lime freshly squeezed
- ☐ 1 teaspoon sugar
- ☐ 14 oz kidney beans red drained and rinsed canned
- ☐ 1 teaspoon cornstarch dissolved in a couple tablespoons of water
- ☐ 4 servings cheddar cheese and onion red grated chopped for garnish

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

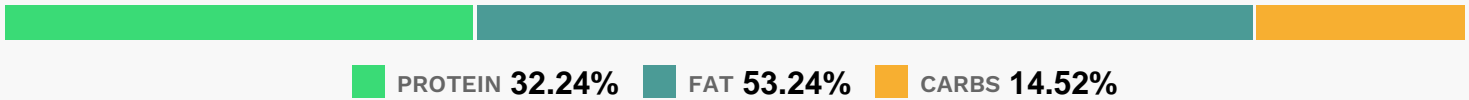
Directions

- ☐ Make chili paste: In a small bowl mix the chili powder, chipotle chili powder, ground cumin, oregano, thyme, and ground coriander seeds.
- ☐ Mix in water so that chili forms a light paste. Set aside.
- ☐ Cook bacon: Cook the bacon in a large skillet on medium high heat until crisp. Use a slotted spoon to remove from pan and set aside on a paper towel.
- ☐ Pour bacon fat from the pan into a separate container, reserve. When the bacon cools, crumble it into smaller pieces and set aside.
- ☐ Brown beef chunks in bacon fat: Increase heat to medium high, add back in 1 Tablespoon of bacon fat. Working in batches so that you don't crowd the beef (crowding will steam cook the

meat instead of browning it), brown the beef cubes on all sides, lightly salting as you cook the beef.

- ☐ Remove beef from pan, set aside.
- ☐ Cook onions:
- ☐ Add another Tablespoon of bacon fat to the pan.
- ☐ Add the chopped onions and sauté until soft, about 5 minutes.
- ☐ Add the garlic and jalapeño, cook until fragrant, 1 minute more.
- ☐ Add the chili paste and cook for 2–3 more minutes.
- ☐ Put beef and onions in big pot, add tomatoes, water, lime juice, sugar: Into a 6-quart thick-bottomed Dutch oven, put onion chili mixture, beef, bacon, tomatoes (break up the whole tomatoes with your fingers as you put them in the pot), water, lime juice and sugar.
- ☐ Heat the chili on medium high heat until it comes to a simmer. Then reduce the heat to low. Cover and cook for 1 1/2 hours. Then uncover and cook for another half hour, keeping the temperature at a place where you can maintain a simmer.
- ☐ Thicken with cornstarch:
- ☐ Mix the cornstarch powder into a little water to dissolve the corn starch (otherwise you'll have lumps to deal with) and add to the chili to thicken it.
- ☐ Add kidney beans: Gently mix in the kidney beans.
- ☐ Add salt to taste. Adjust seasonings. Depending on the acidity of the tomatoes and lime juice you may need a little more sugar to bring the stew to balance. At this point you can also add a little more chili powder if you desire more heat.
- ☐ Sprinkle with grated cheddar cheese and chopped red onion.
- ☐ Serve with cornbread, tortilla chips, and or rice.

Nutrition Facts



Properties

Glycemic Index:74.77, Glycemic Load:8.68, Inflammation Score:-10, Nutrition Score:46.171739111776%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 883.27kcal (44.16%), Fat: 53.23g (81.88%), Saturated Fat: 23.27g (145.42%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 22.43g (8.16%), Sugar: 9.53g (10.58%), Cholesterol: 240.13mg (80.04%), Sodium: 1229.61mg (53.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.51g (145.03%), Zinc: 23.95mg (159.66%), Vitamin B12: 8.17µg (136.12%), Selenium: 74.49µg (106.42%), Phosphorus: 876.74mg (87.67%), Vitamin B6: 1.56mg (78%), Vitamin B3: 15.53mg (77.65%), Iron: 10.87mg (60.38%), Potassium: 1738.51mg (49.67%), Vitamin B2: 0.74mg (43.75%), Fiber: 10.25g (41.01%), Calcium: 386.79mg (38.68%), Manganese: 0.76mg (38.1%), Vitamin A: 1873.59IU (37.47%), Magnesium: 135.43mg (33.86%), Vitamin B1: 0.48mg (31.76%), Copper: 0.63mg (31.45%), Vitamin E: 3.9mg (26%), Vitamin B5: 2.49mg (24.93%), Vitamin K: 25.27µg (24.06%), Vitamin C: 14.88mg (18.04%), Folate: 63.16µg (15.79%), Vitamin D: 0.55µg (3.68%)