



 **36%**
HEALTH SCORE

Chili Fiesta

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

READY IN



205 min.

SERVINGS



14

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1.5 lbs beef cubed
- 8 ounces beer
- 32 ounce black beans canned
- 32 ounce beans red canned
- 28 ounce canned tomatoes crushed canned
- 32 ounce beans white canned
- 1 teaspoon ground pepper

- 4 tablespoons chili powder
- 2 chipotles in adobo diced () (more of you like)
- 1 tablespoon cocoa powder
- 2 teaspoons cumin
- 1 teaspoon curry powder
- 0.5 tablespoon t brown sugar dark
- 6 garlic clove crushed
- 1 lb pd of ground turkey (or mixture)
- 1.5 tablespoons coffee instant
- 2 leek cleaned sliced
- 32 ounce turtle beans canned
- 14 servings olive oil to cover bottom of pan
- 1 large onion diced
- 1 tablespoon oregano
- 1 tablespoon parsley
- 1 teaspoon salt
- 2 teaspoons paprika smoked
- 12 ounces tomato paste
- 3 cups water thin (Add more if you need to)
- 9 ounce au jus mix

Equipment

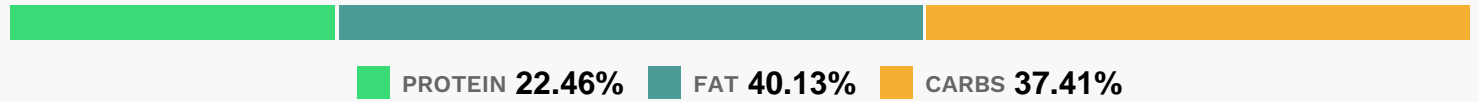
- pot
- slow cooker

Directions

- Heat oil in large pot. Cook onions, leeks, garlic, ground, and cubed meats, till browned.
- Add every thing else except for half the beans. Cook for 2 hours over low heat or in a crock pot. Stir in rest of beans. Taste to see if it`s to your HEAT! Re season, Cook 30 more minutes.

Serve with corn bread and a crisp salad.

Nutrition Facts



Properties

Glycemic Index:29.54, Glycemic Load:11.27, Inflammation Score:-9, Nutrition Score:32.886087148086%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 568.69kcal (28.43%), Fat: 25.96g (39.94%), Saturated Fat: 6.13g (38.33%), Carbohydrates: 54.46g (18.15%), Net Carbohydrates: 38.44g (13.98%), Sugar: 8.61g (9.56%), Cholesterol: 52.33mg (17.44%), Sodium: 1020.51mg (44.37%), Alcohol: 0.63g (100%), Alcohol %: 0.14% (100%), Caffeine: 17.64mg (5.88%), Protein: 32.7g (65.4%), Fiber: 16.02g (64.09%), Manganese: 1.06mg (53%), Iron: 8.72mg (48.45%), Folate: 193.36µg (48.34%), Potassium: 1577.63mg (45.08%), Phosphorus: 437.77mg (43.78%), Vitamin B6: 0.84mg (41.97%), Vitamin B3: 8.09mg (40.47%), Vitamin E: 5.74mg (38.28%), Magnesium: 148.54mg (37.13%), Copper: 0.73mg (36.74%), Vitamin C: 29.69mg (35.99%), Vitamin K: 35.5µg (33.81%), Vitamin A: 1629.49IU (32.59%), Zinc: 4.87mg (32.49%), Selenium: 19.81µg (28.3%), Vitamin B1: 0.35mg (23.07%), Vitamin B2: 0.36mg (21.24%), Vitamin B12: 1.21µg (20.14%), Calcium: 189.92mg (18.99%), Vitamin B5: 1.12mg (11.24%), Vitamin D: 0.18µg (1.19%)