



Chili for a Big Bash

 Dairy Free  Very Healthy

READY IN



205 min.

SERVINGS



11

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 56 ounce kidney beans canned
- 56 ounce canned tomatoes crushed canned
- 4 tablespoons chili powder
- 4 chipotles in adobo diced
- 1 tablespoon cumin
- 14 ounces beer dark

- 2 tablespoons garlic minced
- 1 large bell pepper diced green
- 4.5 ounce pepper flakes diced green canned
- 4 lbs ground venison
- 2 ground sausage italian hot crumbled
- 2 large onion diced
- 1 tablespoon oregano
- 1 tablespoon parsley
- 1 tablespoon pepper
- 1 tablespoon salt
- 8 ounces tomato paste
- 4 cups turkey broth
- 3 tablespoons vegetable oil
- 2 lbs venison cubed
- 4 tablespoons worcestershire sauce

Equipment

- oven
- pot
- roasting pan
- slow cooker

Directions

- In a very large pot. I used my 18 quart electric roaster oven (counter top). It's like a very very large crock pot.
- Heat to 400 degrees add oil and brown meats. While meat is browning add onions, peppers, garlic and Worcestershire sauce. Continue to cook till all meat is browned stirring often.
- Add all the rest of the ingredients and lower the temperature to 275 degrees and cook for 2-3 hour till all the flavor meld into a delish chili. Be sure to stir all the while! Check for seasoning. Enjoy over rice or straight.

Nutrition Facts

PROTEIN 36.22% FAT 29.7% CARBS 34.08%

Properties

Glycemic Index:35.41, Glycemic Load:13.25, Inflammation Score:-9, Nutrition Score:53.915652233621%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 779.86kcal (38.99%), Fat: 25.73g (39.59%), Saturated Fat: 9.5g (59.4%), Carbohydrates: 66.44g (22.15%), Net Carbohydrates: 52.33g (19.03%), Sugar: 34.67g (38.52%), Cholesterol: 219.24mg (73.08%), Sodium: 2128.09mg (92.53%), Alcohol: 1.41g (100%), Alcohol %: 0.22% (100%), Protein: 70.62g (141.25%), Vitamin B12: 8.5µg (141.63%), Vitamin B1: 1.54mg (102.78%), Vitamin B3: 19.52mg (97.59%), Vitamin B6: 1.75mg (87.28%), Iron: 14.19mg (78.83%), Phosphorus: 787.6mg (78.76%), Vitamin B2: 1.23mg (72.36%), Zinc: 10.8mg (72%), Vitamin C: 51.84mg (62.84%), Potassium: 2157.14mg (61.63%), Manganese: 1.13mg (56.58%), Fiber: 14.12g (56.47%), Copper: 1.13mg (56.43%), Selenium: 34.99µg (49.99%), Magnesium: 158.84mg (39.71%), Vitamin K: 41.33µg (39.37%), Vitamin E: 5.33mg (35.53%), Vitamin A: 1708.66IU (34.17%), Folate: 85.12µg (21.28%), Vitamin B5: 2.03mg (20.28%), Calcium: 189.62mg (18.96%)