

# Chili for a Crowd

 Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



2973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 lb ground beef 80% lean (at least )
- 4 cups onion chopped
- 112 oz tomatoes diced organic undrained canned
- 57 oz beans red drained canned
- 15 oz tomato sauce canned
- 3 tablespoons chili powder
- 2 tablespoons sugar
- 1 tablespoon salt

- 16 small bread crumbs
- 1 serving vegetable oil

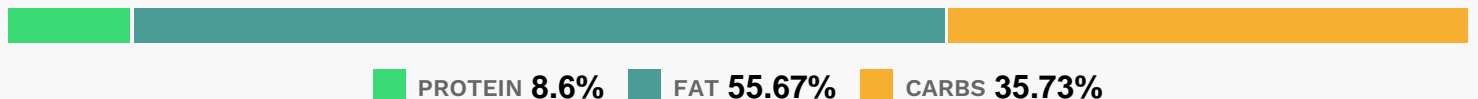
## Equipment

- bowl
- baking sheet
- oven
- dutch oven

## Directions

- In 8-quart Dutch oven or stockpot, cook beef and onions over medium heat, stirring occasionally, until beef is thoroughly cooked and onions are tender; drain.
- Stir in tomatoes, bean liquid, tomato sauce, chili powder, sugar and salt, breaking up tomatoes.
- Heat to boiling; reduce heat. Simmer uncovered 1 1/4 hours.
- Stir in beans. Simmer uncovered about 15 minutes, stirring occasionally, until desired consistency.
- Heat oven to 350°F.
- Cut off the tops of bread loaves. Scoop out bread from the loaves, leaving a 1-inch thick wall.
- Brush the insides of the loaves with olive oil.
- Place on ungreased cookie sheet.
- Bake about 5 minutes or until light golden brown.
- Place on serving plates. Spoon chili into bread bowls.

## Nutrition Facts



## Properties

Glycemic Index:14.51, Glycemic Load:9.36, Inflammation Score:-9, Nutrition Score:42.207391687061%

## Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

## Nutrients (% of daily need)

Calories: 2973.42kcal (148.67%), Fat: 184.56g (283.94%), Saturated Fat: 96g (600.03%), Carbohydrates: 266.55g (88.85%), Net Carbohydrates: 241.36g (87.77%), Sugar: 151.31g (168.12%), Cholesterol: 80.51mg (26.84%), Sodium: 2613.3mg (113.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.14g (128.29%), Vitamin B3: 27.34mg (136.7%), Fiber: 25.19g (100.76%), Folate: 359.77µg (89.94%), Iron: 14.11mg (78.41%), Potassium: 2188.8mg (62.54%), Vitamin B1: 0.89mg (59.46%), Phosphorus: 524.74mg (52.47%), Zinc: 6.8mg (45.35%), Vitamin A: 2213.69IU (44.27%), Vitamin B2: 0.72mg (42.55%), Vitamin B12: 2.43µg (40.45%), Vitamin C: 32.83mg (39.79%), Magnesium: 158.65mg (39.66%), Vitamin B6: 0.71mg (35.56%), Manganese: 0.64mg (31.91%), Selenium: 18.8µg (26.85%), Vitamin K: 25.96µg (24.72%), Copper: 0.4mg (19.82%), Vitamin E: 2.59mg (17.27%), Vitamin B5: 1.02mg (10.22%), Calcium: 87.7mg (8.77%)