



Chili for a Crowd

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce lager beer
- ☐ 2 bell peppers cut into 1/2-inch pieces
- ☐ 38 ounce kidney beans rinsed canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.3 cup chili powder
- ☐ 8 servings corn bread store-bought (or from a mix)
- ☐ 4 cloves garlic chopped
- ☐ 2 pounds ground beef

- ☐ 2 teaspoons ground cumin
- ☐ 8 servings kosher salt and pepper black
- ☐ 1 tablespoon olive oil
- ☐ 2 onions chopped
- ☐ 6 ounce tomato paste canned
- ☐ 8 servings toppings sour toasted (such as cream, radishes, scallions, avocados, jalapeños, cilantro, Cheddar, and pumpkin seeds)

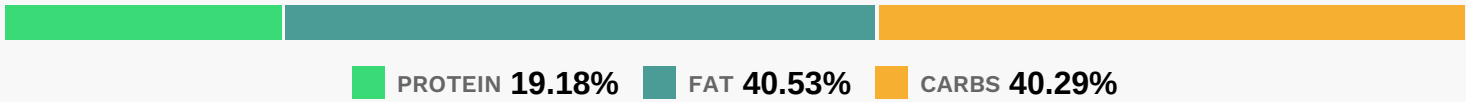
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium-high heat.
- ☐ Add the onions, bell peppers, and garlic and cook, stirring occasionally, until soft, 6 to 8 minutes.
- ☐ Add the beef and cook, breaking it up with a spoon, until no longer pink, 5 to 7 minutes.
- ☐ Add the tomato paste, chili powder, and cumin and cook, stirring, for 2 minutes.
- ☐ Add the beer, beans, the tomatoes and their juices, 2 1/2 teaspoons salt, and 1/2 teaspoon pepper. Simmer over medium heat, stirring occasionally, until thickened, 20 to 25 minutes.
- ☐ Serve with the corn bread and toppings as desired.

Nutrition Facts



Properties

Glycemic Index:34.06, Glycemic Load:11.46, Inflammation Score:-10, Nutrition Score:38.566521426906%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.05mg, Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 734.99kcal (36.75%), Fat: 32.78g (50.43%), Saturated Fat: 11.63g (72.71%), Carbohydrates: 73.33g (24.44%), Net Carbohydrates: 58.72g (21.35%), Sugar: 20.38g (22.64%), Cholesterol: 114.71mg (38.24%), Sodium: 1261.08mg (54.83%), Alcohol: 3.32g (100%), Alcohol %: 0.72% (100%), Protein: 34.9g (69.8%), Vitamin A: 3489.45IU (69.79%), Phosphorus: 661.98mg (66.2%), Vitamin C: 52.91mg (64.14%), Fiber: 14.62g (58.46%), Manganese: 1.05mg (52.29%), Vitamin B6: 1.04mg (52.07%), Vitamin B3: 9.83mg (49.16%), Iron: 8.5mg (47.21%), Zinc: 6.87mg (45.8%), Vitamin B12: 2.58µg (43.03%), Potassium: 1382.27mg (39.49%), Vitamin E: 5.89mg (39.27%), Selenium: 26.95µg (38.5%), Vitamin B2: 0.55mg (32.59%), Copper: 0.65mg (32.39%), Magnesium: 124.54mg (31.14%), Vitamin B1: 0.46mg (30.41%), Folate: 118.37µg (29.59%), Vitamin K: 26.73µg (25.46%), Calcium: 225.6mg (22.56%), Vitamin B5: 1.67mg (16.72%)