

## Chili from Scratch



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups tomatoes diced canned chopped fine ( are ; don't bother to drain)
- ☐ 2 teaspoons chili powder
- ☐ 1 pepper flakes fresh hot minced seeded
- ☐ 1 pound kidney beans dried picked over rinsed
- ☐ 0.5 cup cilantro leaves fresh chopped for garnish
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground beef lean (but not a combination)

- ☐ 1 large onion chopped
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 8 servings salt and pepper freshly ground
- ☐ 3 tablespoons vegetable oil

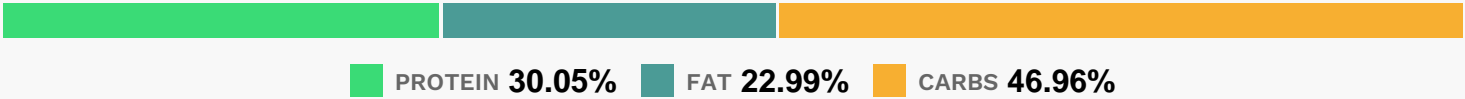
## Equipment

- ☐ pot

## Directions

- ☐ Put the oil in a large pot over medium-high heat. When it's hot, add the ground meat and sprinkle with salt and pepper. Adjust the heat so it sizzles steadily, and cook, stirring occasionally to break it up, until the meat browns all over (5-10 minutes).
- ☐ Add the onion, and cook, stirring once in a while, until it softens and turns golden (3-5 minutes).
- ☐ Add the garlic, chili powder, cumin, and oregano, and cook, stirring constantly, until the mixture becomes fragrant (another minute).
- ☐ Add the tomatoes, chili, and beans to the pot, along with enough water to cover everything by 2-3 inches. Bring to a boil, then lower the heat so the mixture bubbles steadily, but not furiously, and cover. Cook, undisturbed, for 30 minutes. After that, stir the chili every 20 minutes or so and adjust the heat so it continues to bubble gently; add more water, 1/2 cup at a time, if the chili starts to stick to the bottom of the pot.
- ☐ When the beans begin to soften (30-60 minutes, depending on the type of bean and whether or not you soaked them), sprinkle with salt and pepper. Continue to cook, stirring occasionally and adding water if the pot looks too dry, until the beans are quite tender but still intact--this will take about the same amount of time as it took for them to soften. When the beans are very tender, taste, adjust the seasoning, and serve, garnished with the cilantro.
- ☐ Change It Up!
- ☐ Drain and rinse about 4 cups, or 2 (15-ounce) cans, of canned beans; add them instead of the dried beans in Step Don't add any water. Bring mixture to a boil, reduce the heat to a bubble, cover, and cook, stirring occasionally, until everything thickens (20 minutes or so). Then continue with Step
- ☐ Chili with All Sorts of Dried Beans: Try black beans, white beans, chickpeas, or lentils (lentils will be ready 30 minutes after you add them to the pot).

# Nutrition Facts



## Properties

Glycemic Index:22.63, Glycemic Load:10.35, Inflammation Score:-9, Nutrition Score:23.630434901818%

## Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Pelargonidin: 2.73mg, Pelargonidin: 2.73mg, Pelargonidin: 2.73mg, Pelargonidin: 2.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

## Nutrients (% of daily need)

Calories: 339.51kcal (16.98%), Fat: 8.82g (13.57%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 30.42g (11.06%), Sugar: 3.8g (4.22%), Cholesterol: 35.15mg (11.72%), Sodium: 334.48mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.89%), Folate: 238.18µg (59.55%), Fiber: 10.14g (40.55%), Manganese: 0.79mg (39.3%), Phosphorus: 367.4mg (36.74%), Iron: 6.34mg (35.23%), Potassium: 1156.36mg (33.04%), Zinc: 4.67mg (31.11%), Vitamin B6: 0.6mg (29.84%), Vitamin B1: 0.41mg (27.62%), Magnesium: 104.35mg (26.09%), Copper: 0.51mg (25.62%), Vitamin B3: 4.95mg (24.73%), Vitamin C: 18.22mg (22.09%), Vitamin K: 22.87µg (21.78%), Vitamin B12: 1.27µg (21.17%), Selenium: 12.16µg (17.37%), Vitamin B2: 0.27mg (15.74%), Vitamin E: 1.48mg (9.9%), Vitamin B5: 0.93mg (9.33%), Calcium: 92.42mg (9.24%), Vitamin A: 353.75IU (7.08%)