



Chili in a Biscuit Bowl

READY IN



80 min.

SERVINGS



6

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups biscuit baking mix (recommended: Bisquick)
- 15 ounce kidney beans drained and rinsed canned
- 0.5 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 6 servings corn chips
- 1 medium bell pepper green chopped
- 6 servings green onions sliced (white and green parts)
- 1 pound ground beef
- 1 medium onion chopped

- 1 teaspoon salt
- 6 servings sharp cheddar shredded
- 6 servings cup heavy whipping cream sour
- 28 ounce stewed tomatoes mexican-style canned
- 0.7 cup milk whole

Equipment

- bowl
- oven
- muffin tray
- dutch oven

Directions

- Preheat the oven to 450 degrees F. Invert a muffin tin and spray the underside with vegetable oil cooking spray.
- Stir together the baking mix, milk, and cayenne. Shape into a ball. Turn out onto a floured surface and knead 3 or 4 times. Divide the ball into 6 pieces.
- Roll each piece into a 6-inch circle.
- Place a dough circle over the back of each muffin cup. Press around the cup to form a bowl shape.
- Bake for 10 to 12 minutes, until lightly browned.
- Let cool slightly.
- Remove the biscuit bowls and reserve.
- Brown the ground chuck over medium heat in a Dutch oven.
- Add the onion and green pepper and continue to cook until the meat is completely browned and the vegetables are tender.
- Drain off any fat and discard. Stir in the tomatoes, beans, chili powder, and salt. Bring the mixture to a boil, cover, and reduce the heat to low. Simmer for 35 minutes.
- When ready to serve, spoon the hot chili into the biscuit bowls.
- Garnish with shredded cheese, sour cream, sliced green onions, and corn chips.

Nutrition Facts

PROTEIN 15.9% FAT 50.58% CARBS 33.52%

Properties

Glycemic Index:36.33, Glycemic Load:4.73, Inflammation Score:-9, Nutrition Score:31.294782576354%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 789.64kcal (39.48%), Fat: 45.01g (69.24%), Saturated Fat: 16.25g (101.59%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 58.29g (21.2%), Sugar: 14.12g (15.69%), Cholesterol: 94.81mg (31.6%), Sodium: 1822.66mg (79.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.69%), Phosphorus: 703.25mg (70.32%), Calcium: 466.76mg (46.68%), Selenium: 28.18µg (40.25%), Zinc: 5.88mg (39.18%), Vitamin B12: 2.26µg (37.72%), Vitamin B2: 0.63mg (37.3%), Vitamin C: 29.82mg (36.15%), Vitamin B3: 7.07mg (35.35%), Fiber: 8.82g (35.27%), Iron: 6.28mg (34.92%), Manganese: 0.66mg (33.09%), Vitamin E: 4.96mg (33.06%), Vitamin A: 1642.02IU (32.84%), Vitamin B1: 0.47mg (31.21%), Vitamin B6: 0.57mg (28.64%), Vitamin K: 29.7µg (28.29%), Potassium: 980mg (28%), Magnesium: 101.96mg (25.49%), Folate: 99.82µg (24.96%), Copper: 0.45mg (22.67%), Vitamin B5: 1.47mg (14.7%), Vitamin D: 0.55µg (3.69%)