

## Chili Sans Beans

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce tomatoes crushed canned
- 1 cup chicken stock see
- 1 tablespoons chili powder
- 1 pound chorizo such as el supremo brand mexican-style
- 1 tablespoons ground cumin
- 1.5 pounds ground sirloin
- 1 tablespoon hot sauce
- 1 onion diced

- 1 teaspoon paprika
- 4 servings kosher salt and pepper black freshly ground
- 1 teaspoon vegetable oil
- 1 stout beer
- 1 stout beer

## Equipment

- pot
- wooden spoon
- dutch oven

## Directions

- In a large Dutch oven, heat the oil over medium heat.
- Add the beef and chorizo and smooch down. Start breaking up the chunks with a wooden spoon and let sear until the beef is no longer pink, about 5 minutes.
- Remove the meat from the pot and leave the fat. Then add the onions, chili powder, cumin, paprika and season with salt and pepper. Cook until the onions are soft, 7 to 8 minutes. Deglaze with the beer. Cook until the alcohol smell subsides, 3 to 4 minutes.
- Add the hot sauce, tomatoes, stock and the reserved meat. Simmer until thickened, stirring frequently, about 20 minutes. Adjust seasoning.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:25.320869523546%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 778.41kcal (38.92%), Fat: 54.69g (84.14%), Saturated Fat: 20.61g (128.8%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 10.74g (3.91%), Sugar: 6.91g (7.67%), Cholesterol: 188.34mg (62.78%), Sodium: 457.53mg (19.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.98g (107.96%), Vitamin B12: 3.69µg (61.52%), Zinc: 8.21mg (54.75%), Vitamin B3: 10.5mg (52.52%), Iron: 8.74mg (48.53%), Vitamin B6: 0.88mg (43.84%), Selenium: 29.47µg (42.1%), Phosphorus: 363.5mg (36.35%), Vitamin A: 1492.42IU (29.85%), Potassium: 989.27mg (28.26%), Vitamin B2: 0.4mg (23.71%), Vitamin E: 2.99mg (19.95%), Copper: 0.38mg (19.2%), Manganese: 0.35mg (17.34%), Vitamin C: 14.17mg (17.18%), Magnesium: 66.01mg (16.5%), Fiber: 3.48g (13.93%), Vitamin B1: 0.2mg (13.3%), Vitamin B5: 1.29mg (12.89%), Vitamin K: 12.8µg (12.19%), Calcium: 90.99mg (9.1%), Folate: 32.96µg (8.24%), Vitamin D: 0.17µg (1.13%)