



Chilli con carne soup



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small onion finely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 tbsp vegetable oil
- ☐ 500 g ground beef lean minced
- ☐ 410 g kidney beans red drained canned
- ☐ 400 g plum tomatoes chopped canned
- ☐ 700 ml chicken stock see hot
- ☐ 1 large pinch chillies dried crushed

- ☐ 2 squares chocolate dark 85% (try Lindt)
- ☐ 1 leaves parsley fresh grated

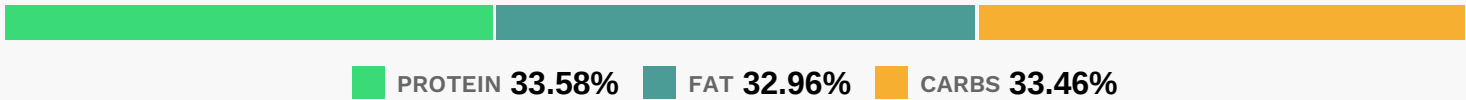
Equipment

- ☐ ladle

Directions

- ☐ Gently fry the onion and garlic in the oil for a couple of minutes until beginning to soften, then add the mince. Raise the heat and cook for 5 minutes, stirring from time to time, until the meat is no longer pink.
- ☐ Stir in the beans, tomatoes, stock, chillies, chocolate and plenty of salt and pepper. Bring to the boil, cover and simmer very gently for 1 hour, or longer if you have the time. (You can make it up to a day ahead to this point, then cool and chill.)
- ☐ Ladle into mugs or large cups and scatter with herbs, cheese and black pepper. Youll need spoons to eat it.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:5.06, Inflammation Score:-7, Nutrition Score:21.040000047373%

Flavonoids

Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 338.16kcal (16.91%), Fat: 12.34g (18.98%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 21.04g (7.65%), Sugar: 6.66g (7.4%), Cholesterol: 55.5mg (18.5%), Sodium: 231.69mg (10.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.47mg (2.49%), Protein: 28.28g (56.55%), Zinc: 5.6mg (37.3%), Vitamin B3: 7.37mg (36.87%), Phosphorus: 344.01mg (34.4%), Vitamin B12: 1.89µg (31.55%), Manganese: 0.63mg (31.28%), Iron: 5.59mg (31.08%), Fiber: 7.15g (28.59%), Vitamin B6: 0.57mg (28.28%), Folate: 111.5µg (27.88%),

Selenium: 18.76µg (26.81%), Potassium: 937.8mg (26.79%), Copper: 0.51mg (25.29%), Magnesium: 84.08mg (21.02%), Vitamin K: 19.32µg (18.4%), Vitamin B2: 0.3mg (17.69%), Vitamin B1: 0.22mg (14.69%), Vitamin C: 11.64mg (14.11%), Vitamin A: 621.03IU (12.42%), Vitamin B5: 0.81mg (8.06%), Vitamin E: 0.9mg (6%), Calcium: 48.46mg (4.85%)