



Chipotle Beef Chili

 Gluten Free

READY IN



75 min.

SERVINGS



31

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 teaspoon pepper black freshly ground
- 28 ounce beef broth canned
- 15 ounce kidney beans rinsed drained canned
- 15 ounce pinto beans rinsed drained canned
- 28 ounce canned tomatoes diced canned
- 31 servings garnishes: cheddar cheese sour grated
- 2 tablespoons chili powder

- 3 chipotle peppers in adobo sauce minced
- 0.3 teaspoon basil dried
- 4 garlic cloves minced
- 1 pound ground beef drained
- 2 teaspoons ground cumin
- 2 tablespoons olive oil
- 1 bell pepper diced green red cored seeded
- 1 teaspoons sea salt
- 2 tablespoons tomato paste
- 0.3 cup worcestershire sauce
- 1 large onion yellow chopped

Equipment

- sauce pan
- dutch oven

Directions

- Heat oil in a large heavy saucepan or Dutch oven over medium heat; add onion. Reduce heat to low, and cook, stirring occasionally, 10 minutes or until tender.
- Add bell pepper, and cook 5 minutes.
- Add chipotle pepper and garlic; cook about 1 minute.
- Add beef and next 5 ingredients. Stir in beer, and simmer about 2 minutes. Stir in Worcestershire sauce and next 4 ingredients. Bring to a low boil, and reduce heat to low. Simmer, uncovered, 30 minutes.
- Add beans, stir, and continue to simmer 10 minutes or until liquid has reduced slightly.
- Remove bay leaf.
- Garnish, if desired.

Nutrition Facts



■ PROTEIN 24.43% ■ FAT 58.17% ■ CARBS 17.4%

Properties

Glycemic Index:10.03, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:9.0591305027837%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 197.41kcal (9.87%), Fat: 12.94g (19.91%), Saturated Fat: 6.56g (41.03%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.31g (2.29%), Sugar: 2.41g (2.67%), Cholesterol: 39.51mg (13.17%), Sodium: 527.9mg (22.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.46%), Calcium: 242.92mg (24.29%), Phosphorus: 210.28mg (21.03%), Selenium: 11.66µg (16.66%), Zinc: 2.09mg (13.94%), Vitamin B2: 0.2mg (11.65%), Vitamin B12: 0.66µg (10.99%), Vitamin A: 542.84IU (10.86%), Fiber: 2.4g (9.6%), Manganese: 0.18mg (9.02%), Iron: 1.53mg (8.52%), Vitamin B6: 0.17mg (8.5%), Potassium: 289.47mg (8.27%), Vitamin C: 6.66mg (8.07%), Vitamin B3: 1.52mg (7.58%), Vitamin E: 1.07mg (7.11%), Magnesium: 28.4mg (7.1%), Copper: 0.13mg (6.54%), Folate: 19.69µg (4.92%), Vitamin K: 4.83µg (4.6%), Vitamin B1: 0.07mg (4.38%), Vitamin B5: 0.34mg (3.43%), Vitamin D: 0.19µg (1.3%)