



## Chuck's Come On Ice Cream (or Night of the Red Death) Chili

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

READY IN



**300 min.**

SERVINGS



**10**

CALORIES



**430 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon bacon grease
- 3 pounds beef sirloin
- 30 ounce tomato sauce canned
- 29 ounce tomatoes whole peeled chopped canned
- 2 teaspoons cayenne pepper
- 2 teaspoons chili powder
- 1 teaspoon basil leaves dried

- 1 teaspoon marjoram dried
- 1 teaspoon thyme leaves dried
- 7 cloves garlic crushed
- 1 teaspoon garlic powder
- 2 teaspoons ground cumin
- 1 teaspoon ground pepper black
- 2 teaspoons ground sage
- 2 scoops ice cream
- 10 servings jalapeño peppers fresh seeded chopped
- 3 onions chopped
- 3 pounds pork sirloin
- 16 ounce salsa
- 10 servings salt to taste

## Equipment

- bowl
- frying pan
- pot

## Directions

- To Marinate: The day before preparing the chili, in a large bowl mix together the sage, thyme, basil, marjoram, cumin, chili powder, garlic powder, salt, black pepper and cayenne pepper.
- Cut beef and pork into 1/2 inch cubes and add to bowl.
- Mix meat and seasoning together, cover bowl and refrigerate overnight.
- To Make Chili: Begin to heat tomatoes, tomato sauce, salsa and 2 teaspoons chili powder in a large pot over medium low heat. Meanwhile, heat bacon grease in a large skillet over medium heat.
- Add jalapeno peppers and saute until soft, 1 to 2 minutes, then add them to large pot.
- In same skillet fry beef and pork with onion and garlic, in small batches, about 15 to 20 minutes each. As each batch is done add to large pot.

When all ingredients are in the large pot, season with salt to taste. Bring to a boil. Cover, reduce heat to medium low and simmer for about 3 hours.

After eating chili, eat ice cream and say "Come on, ice cream!"

## Nutrition Facts

**PROTEIN 59.99%** **FAT 22.15%** **CARBS 17.86%**

### Properties

Glycemic Index:26.9, Glycemic Load:4.29, Inflammation Score:-8, Nutrition Score:38.711739007546%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

### Nutrients (% of daily need)

Calories: 430.25kcal (21.51%), Fat: 10.47g (16.11%), Saturated Fat: 3.83g (23.95%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 14.86g (5.4%), Sugar: 11.13g (12.36%), Cholesterol: 166.35mg (55.45%), Sodium: 1181.13mg (51.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.8g (127.61%), Selenium: 77.05µg (110.08%), Vitamin B6: 2.16mg (107.85%), Vitamin B3: 20.58mg (102.9%), Vitamin B1: 1.12mg (74.39%), Phosphorus: 678.78mg (67.88%), Zinc: 9.05mg (60.35%), Vitamin B2: 0.84mg (49.51%), Potassium: 1647.88mg (47.08%), Vitamin B12: 2.47µg (41.23%), Iron: 6.07mg (33.72%), Vitamin B5: 2.68mg (26.78%), Magnesium: 104.27mg (26.07%), Vitamin C: 21.01mg (25.46%), Copper: 0.45mg (22.36%), Vitamin E: 3.27mg (21.79%), Vitamin A: 1063.29IU (21.27%), Manganese: 0.39mg (19.63%), Fiber: 4.14g (16.54%), Vitamin K: 13.77µg (13.11%), Calcium: 124.24mg (12.42%), Folate: 41.46µg (10.37%)