



Chunky Beef Chili



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



25

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



32 ounce beef broth



16 ounce tomato sauce canned



2 tablespoons chili powder



4 pounds chuck roast boneless cut into 1/2-inch pieces



2 teaspoons sea salt



1 teaspoon ground cumin



0.3 teaspoon ground pepper red



0.5 teaspoon ground pepper black

- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon ground oregano
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 12 ounce tomato paste canned
- ☐ 25 servings toppings: tortilla chips shredded sour crushed chopped

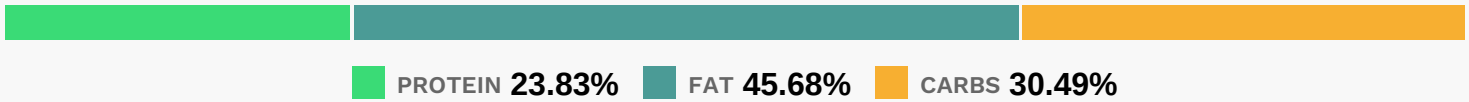
Equipment

- ☐ dutch oven

Directions

- ☐ Brown meat, in batches, in a Dutch oven over medium-high heat.
- ☐ Remove meat, reserving drippings in Dutch oven.
- ☐ Add chili powder to Dutch oven; cook, stirring constantly, 2 minutes. Stir in tomato paste; cook 5 minutes.
- ☐ Return beef to Dutch oven. Stir in beef broth and next 9 ingredients; bring to a boil. Reduce heat to low, and simmer, uncovered, stirring occasionally, 1 1/2 hours or until beef is tender.
- ☐ Serve with cornbread sticks, if desired, and desired toppings.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:12.299565013336%

Nutrients (% of daily need)

Calories: 277.82kcal (13.89%), Fat: 14.43g (22.2%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 19.3g (7.02%), Sugar: 1.54g (1.71%), Cholesterol: 50.08mg (16.69%), Sodium: 493.52mg (21.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.87%), Zinc: 5.97mg (39.8%), Vitamin B12: 2.01µg (33.44%), Selenium: 16.84µg (24.06%), Phosphorus: 218.2mg (21.82%), Vitamin B3: 4.1mg (20.48%), Vitamin B6: 0.39mg (19.57%), Iron: 2.58mg (14.34%), Vitamin E: 1.85mg (12.34%), Potassium: 426.61mg (12.19%), Magnesium: 45.46mg (11.36%), Fiber: 2.39g (9.54%), Vitamin B2: 0.16mg (9.39%), Vitamin K: 9.5µg (9.05%), Vitamin B5: 0.89mg

(8.9%), Vitamin A: 358.17IU (7.16%), Vitamin B1: 0.11mg (7.09%), Copper: 0.13mg (6.39%), Calcium: 56.44mg (5.64%), Manganese: 0.08mg (4.16%), Vitamin C: 2.57mg (3.12%), Folate: 10.27µg (2.57%)