



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

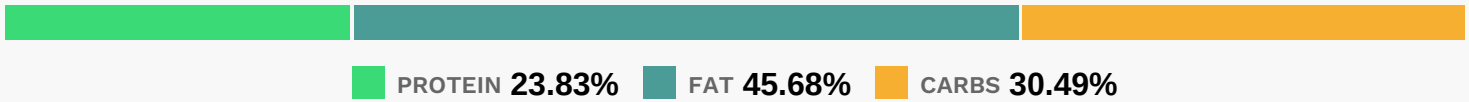
Equipment

- ☐ 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%)