



Chunky Beef 'n' Tomato Chili

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce condensed beef broth canned
- ☐ 0.5 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced with green peppers and onions canned
- ☐ 14.5 ounce canned tomatoes diced with zesty mild green chiles canned
- ☐ 1 tablespoon chili powder
- ☐ 2 garlic cloves pressed
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red

- ☐ 1 pound ground round
- ☐ 6 servings toppings: chipotle hot sauce shredded chopped quick
- ☐ 15 ounce kidney beans dark rinsed drained canned
- ☐ 15 ounce kidney beans light rinsed drained canned
- ☐ 3 tablespoons tomato paste

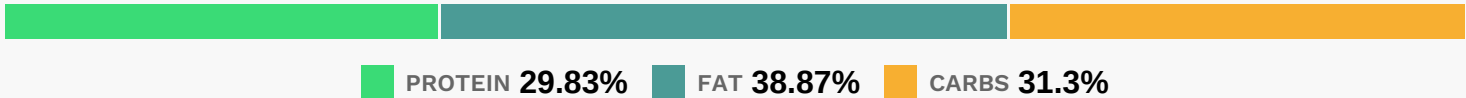
Equipment

- ☐ dutch oven

Directions

- ☐ Cook beef in a Dutch oven over medium heat, stirring occasionally into large chunks, 10 minutes or until no longer pink. (Do not stir beef into crumbles.)
- ☐ Drain and return beef to Dutch oven.
- ☐ Stir both cans of diced tomatoes and next 7 ingredients into browned beef; reduce heat to medium low, and simmer, uncovered, stirring occasionally, 1 hour. Stir in beans, and simmer 15 minutes.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:10.7, Inflammation Score:-8, Nutrition Score:27.120869688366%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 431.43kcal (21.57%), Fat: 19.1g (29.38%), Saturated Fat: 9.09g (56.83%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 23.56g (8.57%), Sugar: 9.86g (10.95%), Cholesterol: 79.14mg (26.38%), Sodium: 1051.49mg (45.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Phosphorus: 491.33mg (49.13%), Fiber: 11.05g (44.21%), Zinc: 6.11mg (40.75%), Manganese: 0.78mg (38.89%), Selenium: 24.63µg (35.19%), Vitamin

B3: 7.03mg (35.16%), Vitamin B6: 0.69mg (34.35%), Iron: 6.11mg (33.95%), Potassium: 1183.97mg (33.83%), Vitamin B12: 2.02µg (33.7%), Calcium: 324.88mg (32.49%), Copper: 0.57mg (28.74%), Vitamin B2: 0.46mg (26.77%), Magnesium: 101.45mg (25.36%), Vitamin A: 1187.12IU (23.74%), Vitamin E: 3.12mg (20.83%), Vitamin B1: 0.31mg (20.49%), Vitamin C: 15.97mg (19.35%), Folate: 68.05µg (17.01%), Vitamin K: 17.16µg (16.34%), Vitamin B5: 1.18mg (11.8%), Vitamin D: 0.26µg (1.7%)