



Chunky Chicken and Chorizo Chili

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



861 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bottle beer
- 2 tablespoons butter
- 15 ounce beans red drained canned
- 6 cups chicken stock see
- 3 tablespoons chili powder
- 0.8 pound chorizo chopped
- 28 ounce canned tomatoes diced fire roasted canned
- 3 cloves garlic finely chopped

- 2 pounds ground chicken
- 1 tablespoon ground cumin
- 1 tablespoon olive oil extra-virgin
- 1 onion chopped
- 2 cups cooking polenta quick
- 1 bell pepper red chopped
- 6 servings salt
- 2 scallions finely chopped
- 2 tablespoons freshly thyme leaves chopped

Equipment

- bowl
- frying pan
- pot

Directions

- Watch how to make this recipe.
- Heat a big, deep skillet over medium high heat with 1 tablespoon extra virgin olive oil.
- Add chorizo and render its fat, 2 minutes. Push the chorizo off to the sides of the pot and add chicken meat. Brown and crumble the chicken, 5 to 6 minutes. Season the chicken with chili powder and cumin while it cooks.
- Combine the onions, garlic, peppers and beans to meats and cook another 5 to 6 minutes. Stir the beer into the chili and reduce the liquid a minute then add the tomatoes and heat through. Season the chili with salt, to taste, and reduce heat to low.
- Bring 6 cups stock to a boil in a medium pot, stir in polenta and keep stirring until the polenta masses and thickens to a porridge, 2 to 3 minutes. Stir in butter, scallions and thyme and season with salt, to taste.
- Fill bowls half way with polenta and make a well in the center. Fill up bowls with chili and serve.

Nutrition Facts



■ PROTEIN 25.04% ■ FAT 38.78% ■ CARBS 36.18%

Properties

Glycemic Index:56.92, Glycemic Load:5.28, Inflammation Score:-10, Nutrition Score:31.162173893141%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 860.92kcal (43.05%), Fat: 36.22g (55.73%), Saturated Fat: 12.31g (76.96%), Carbohydrates: 76.04g (25.35%), Net Carbohydrates: 67.73g (24.63%), Sugar: 10.53g (11.7%), Cholesterol: 182.7mg (60.9%), Sodium: 1116.21mg (48.53%), Alcohol: 2.21g (100%), Alcohol %: 0.34% (100%), Protein: 52.62g (105.25%), Vitamin B3: 14.3mg (71.5%), Vitamin B6: 1.28mg (63.92%), Vitamin A: 2939.85IU (58.8%), Phosphorus: 490.51mg (49.05%), Selenium: 32.1µg (45.85%), Potassium: 1510.38mg (43.15%), Vitamin B2: 0.73mg (43.02%), Vitamin C: 35.23mg (42.71%), Iron: 6.97mg (38.7%), Fiber: 8.31g (33.24%), Vitamin B1: 0.44mg (29.18%), Manganese: 0.51mg (25.52%), Magnesium: 99.16mg (24.79%), Zinc: 3.6mg (24.01%), Copper: 0.45mg (22.74%), Vitamin B5: 2.17mg (21.71%), Vitamin K: 20.12µg (19.16%), Vitamin E: 2.84mg (18.92%), Vitamin B12: 0.87µg (14.43%), Folate: 55.61µg (13.9%), Calcium: 124.26mg (12.43%)