

Chunky Red Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 pound stew meat cut into 1/2 inch chunks
- ☐ 15.5 ounce black beans rinsed drained canned
- ☐ 15.5 ounce beans red rinsed drained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes whole drained canned
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons basil dried

- ☐ 1 medium bell pepper green seeds removed, coarsely chopped
- ☐ 1 pound ground beef
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons kosher salt
- ☐ 3 tablespoons brown sugar light packed
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ dutch oven

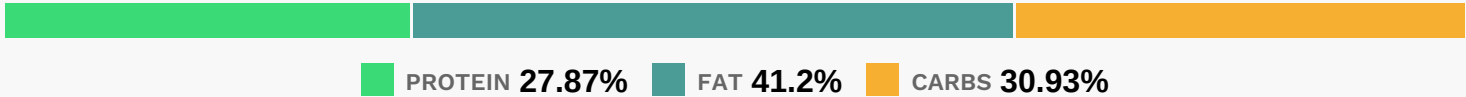
Directions

- ☐ Heat 1 tablespoon of the olive oil in a large pot or Dutch oven over medium-high heat.
- ☐ Add ground beef and cook, breaking up the beef, until nicely browned, about 8 minutes.
- ☐ Remove the ground beef with a slotted spoon and set aside in a large bowl or place.
- ☐ Pour another tablespoon of oil into the pot; when hot, add the stew meat and cook until nicely browned on all side, about 8 minutes.
- ☐ Remove the stew meat with a slotted spoon and add it to the ground beef.
- ☐ Pour off the fat and any accumulated juices from the pot.
- ☐ Heat the remaining 1 tablespoon oil.
- ☐ Add the onion and pepper, and cook until slightly softened, about 4 minutes. Return the meats to the pot and add the tomatoes, tomato sauce, kidney beans, black beans, sugar, Worcestershire, vinegar, chili powder, basil, cumin, salt, and bay leaves. Stir well to mix, breaking up the whole tomatoes with the back of a wooden spoon. Bring to a boil, reduce the

heat to a simmer, and cook, covered, until the stew meat is soft, about 2 hours.

- ☐
- Remove and discard the bay leaves. Divide the chili among 8 bowls and serve warm, with chips on the side, if you like.
- ☐
- Chili Bread Bowls
- ☐
- Serve the chili in a sourdough bread bowl.
- ☐
- Add a chopped jalapeno chile for some kick. Make it a Meal: Heap the chili into taco shells with shredded lettuce, diced avocado, a dollop of soy sour cream, and some hot sauce or jarred sliced jalapeno chile rings if you can stand it. Pair it: Segal's Fusion Red Blend. You'll need a cool head with this dish. This is an easy-drinking red blend.
- ☐
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Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:5.68, Inflammation Score:-8, Nutrition Score:26.439565570458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 439.75kcal (21.99%), Fat: 20.43g (31.43%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 24.43g (8.89%), Sugar: 12.42g (13.8%), Cholesterol: 75.41mg (25.14%), Sodium: 1343.54mg (58.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Vitamin B6: 0.89mg (44.44%), Vitamin B3: 8.61mg (43.06%), Fiber: 10.08g (40.34%), Zinc: 5.85mg (38.97%), Phosphorus: 386.09mg (38.61%), Selenium: 26.7µg (38.15%), Vitamin B12: 2.26µg (37.7%), Iron: 6.7mg (37.21%), Potassium: 1163.51mg (33.24%), Vitamin C: 27.01mg (32.74%), Manganese: 0.62mg (31.1%), Copper: 0.54mg (26.94%), Magnesium: 92.66mg (23.16%), Vitamin B2: 0.38mg (22.13%), Vitamin E: 3.31mg (22.03%), Vitamin B1: 0.32mg (21.29%), Folate: 81.16µg (20.29%), Vitamin K: 19.75µg (18.81%), Vitamin A: 703.31IU (14.07%), Calcium: 122.32mg (12.23%), Vitamin B5: 1.12mg (11.22%)