



Chunky Two-Bean and Beef Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chile powder
- ☐ 1.5 pounds beef stew meat
- ☐ 1.5 tablespoons brown sugar
- ☐ 0.7 cup wine dry red
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 tablespoon canola oil divided
- ☐ 15 ounce chili beans sauce hot canned
- ☐ 0.5 teaspoon chili powder

- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.5 cup green bell pepper green chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon ground pepper red
- ☐ 2 teaspoons jalapeno finely chopped
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 15 ounce kidney beans dark red rinsed drained canned
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tomato paste

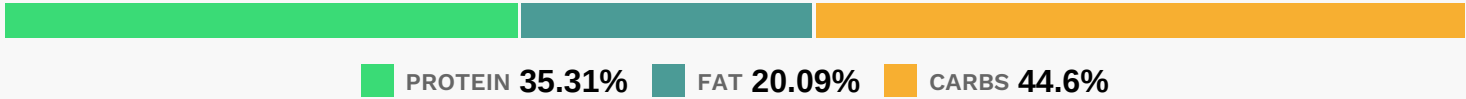
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1 teaspoon canola oil in a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle beef with salt.
- ☐ Add half of beef to pan; saut 8 minutes or until browned.
- ☐ Remove from pan. Repeat procedure with remaining beef.
- ☐ Add remaining 2 teaspoons oil, onion, and bell pepper to pan; saut 3 minutes.
- ☐ Add garlic and jalapeo; saut 1 minute.
- ☐ Add wine, scraping pan to loosen browned bits. Return beef to pan. Stir in sugar and remaining ingredients except sour cream; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender, stirring occasionally.
- ☐ Garnish with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:7.53, Inflammation Score:0, Nutrition Score:33.104782933774%

Flavonoids

Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg

Nutrients (% of daily need)

Calories: 443.6kcal (22.18%), Fat: 9.64g (14.84%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 35.74g (12.99%), Sugar: 15.47g (17.19%), Cholesterol: 70.31mg (23.44%), Sodium: 1100.55mg (47.85%), Alcohol: 2.8g (100%), Alcohol %: 0.74% (100%), Protein: 38.14g (76.27%), Vitamin B6: 1.35mg (67.31%), Phosphorus: 520.83mg (52.08%), Vitamin B3: 10.35mg (51.75%), Selenium: 34.89µg (49.84%), Fiber: 12.44g (49.77%), Zinc: 7.44mg (49.59%), Iron: 8.14mg (45.2%), Potassium: 1550.97mg (44.31%), Manganese: 0.79mg (39.38%), Folate: 153.55µg (38.39%), Copper: 0.77mg (38.39%), Vitamin C: 30.77mg (37.29%), Vitamin B12: 2.11µg (35.08%), Magnesium: 128.87mg (32.22%), Vitamin B1: 0.38mg (25.45%), Vitamin B2: 0.43mg (25.4%), Vitamin E: 3.24mg (21.59%), Vitamin K: 21.63µg (20.6%), Calcium: 136.77mg (13.68%), Vitamin A: 645.45IU (12.91%), Vitamin B5: 1.12mg (11.18%)