



Cowboy Chili and Baked Bean Pot

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



594 kcal

SIDE DISH

Ingredients

- 6 slices smoky bacon chopped
- 16 ounce baked beans canned
- 4 cups beef stock
- 12 ounce beer
- 14 ounce canned tomatoes diced canned
- 1 carrots peeled chopped
- 2 fresno chile peppers sliced
- 2 tablespoons chile powder

- 1 large bay leaf fresh
- 4 cloves garlic chopped
- 1.5 pounds coarse-ground sirloin
- 6 servings kosher salt and pepper black freshly ground
- 1 large onion chopped
- 2 russet potatoes peeled chopped
- 6 servings scallions thinly sliced for topping
- 1 tablespoon vegetable oil
- 0.3 cup worcestershire sauce thick

Equipment

- bowl
- slotted spoon
- dutch oven

Directions

- Heat 1 tablespoon oil in a large Dutch oven over medium-high heat.
- Add the bacon, cook until browned, and remove with slotted spoon.
- Add the beef, brown well, and then add the potatoes, onions, chiles, carrot, garlic, chile powder, and bay leaf. Season the mixture liberally with salt and pepper, and cook 10 minutes more, stirring frequently.
- Add the beer and stir about 2 minutes, or until the beer almost cooks out completely. Stir in the stock, thick Worcestershire sauce, baked beans, and tomatoes, and thicken to desired consistency, about 20 to 45 minutes over a steady simmer for loose to super-thick chili. Cool and store for make-ahead meal.
- Reheat over medium heat with a little water, if necessary, to loosen up the chili, so it will heat through without scorching.
- Serve in shallow bowls topped with green onions.

Nutrition Facts



■ PROTEIN 23.57% ■ FAT 45.99% ■ CARBS 30.44%

Properties

Glycemic Index:63.46, Glycemic Load:17.2, Inflammation Score:-10, Nutrition Score:30.377391063649%

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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 593.92kcal (29.7%), Fat: 29.9g (46%), Saturated Fat: 10.54g (65.88%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 36.86g (13.4%), Sugar: 6.67g (7.41%), Cholesterol: 96.92mg (32.31%), Sodium: 1161.33mg (50.49%), Alcohol: 2.21g (100%), Alcohol %: 0.44% (100%), Protein: 34.48g (68.96%), Vitamin A: 2976.49IU (59.53%), Vitamin B6: 1.06mg (53.16%), Vitamin B3: 9.67mg (48.34%), Zinc: 7.22mg (48.12%), Phosphorus: 441.42mg (44.14%), Potassium: 1506.06mg (43.03%), Vitamin B12: 2.58µg (43.03%), Selenium: 29.57µg (42.25%), Vitamin C: 34.02mg (41.24%), Iron: 6.6mg (36.68%), Fiber: 7.68g (30.72%), Manganese: 0.58mg (29%), Vitamin B2: 0.47mg (27.93%), Copper: 0.5mg (24.97%), Vitamin K: 26.17µg (24.93%), Magnesium: 94.21mg (23.55%), Vitamin B1: 0.31mg (20.89%), Folate: 66.3µg (16.58%), Calcium: 143.11mg (14.31%), Vitamin E: 1.96mg (13.07%), Vitamin B5: 1.19mg (11.87%), Vitamin D: 0.2µg (1.34%)