



Devilish Chorizo Chili with Hominy

READY IN



50 min.

SERVINGS



8

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz ale hearty
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 0.3 cup chili powder
- ☐ 2.5 pounds chorizo sausages in natural casing uncooked
- ☐ 5 cloves garlic minced
- ☐ 14 oz chiles diced green canned
- ☐ 1 teaspoon ground chipotle chiles
- ☐ 2 teaspoons ground cumin
- ☐ 30 oz hominy yellow drained canned

- ☐ 1 pound ground beef lean
- ☐ 2 large onions chopped
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 8 servings salt

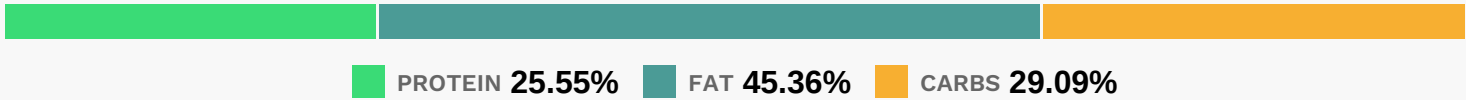
Equipment

- ☐ frying pan

Directions

- ☐ Squeeze sausages from casings into a 6- to 8-qt. pan over high heat; discard casings.
- ☐ Add beef, onions, and garlic. Stir occasionally over high heat, breaking sausages and beef into small pieces, until meat is browned and onion is soft, about 10 minutes. Spoon off and discard fat.
- ☐ Add green chiles, chili powder, chipotle chiles, oregano, and cumin. Cook, stirring, 1 minute.
- ☐ Stir in tomatoes, ale, and hominy. Bring to a boil; reduce heat, cover, and simmer 30 minutes, stirring occasionally.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:24.738260844479%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 485.79kcal (24.29%), Fat: 24.02g (36.96%), Saturated Fat: 13.11g (81.91%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 25.68g (9.34%), Sugar: 8.49g (9.43%), Cholesterol: 135.16mg (45.05%), Sodium: 1057.17mg (45.96%), Alcohol: 1.66g (100%), Alcohol %: 0.39% (100%), Protein: 30.44g (60.89%), Vitamin C: 55.27mg (67%), Vitamin A: 3273.22IU (65.46%), Iron: 7.46mg (41.46%), Fiber: 8.99g (35.95%), Vitamin B6: 0.69mg (34.56%), Zinc: 4.77mg (31.81%), Vitamin E: 4.48mg (29.9%), Vitamin B3: 5.88mg (29.41%), Manganese: 0.52mg (25.84%), Phosphorus: 232.54mg (23.25%), Selenium: 16.12µg (23.02%), Potassium: 790.61mg (22.59%), Vitamin B12: 1.28µg (21.31%), Copper: 0.36mg (18.18%), Magnesium: 72.66mg (18.16%), Vitamin K: 17.04µg (16.23%), Vitamin B2: 0.26mg (15.48%), Calcium: 147.61mg (14.76%), Folate: 56.7µg (14.17%), Vitamin B1: 0.15mg (10.14%), Vitamin B5: 0.99mg (9.92%)