



 **71%**  
HEALTH SCORE

## Devon's Award-Winning Chili

 **Gluten Free**  **Very Healthy**

READY IN



**225 min.**

SERVINGS



**8**

CALORIES



**960 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons basil leaves chopped
- 1 bay leaf
- 5 pounds brisket cut in 1-inch cubes
- 30 ounce kidney beans canned
- 1 tablespoon cayenne pepper to taste
- 8 servings cheddar grated
- 2 tablespoons chili powder
- 6 large garlic cloves minced

- 2 pasilla peppers diced green seeded
- 2 tablespoons ground cumin
- 8 servings guacamole (see recipe)
- 0.3 cup olive oil
- 1 tablespoon pepper flakes red crushed
- 8 servings salt and pepper black freshly ground
- 8 servings cup heavy whipping cream sour
- 0.5 cup strong coffee decoction
- 8 servings tomatoes diced
- 6 cups tomatoes with their liquid chopped
- 8 servings tortilla chips
- 2 cups onions yellow chopped

## Equipment

- bowl
- paper towels
- pot

## Directions

- Watch how to make this recipe.
- Pat the brisket cubes dry with paper towels.
- Heat the oil in a very large heavy-bottomed pot and quickly brown the meat, in batches, on all sides.
- Transfer the brisket to a separate bowl and set aside.
- Saute the onion and garlic in the same oil over medium heat until limp, but not brown, about 8 to 10 minutes.
- Add the chili powder, pepper flakes, cayenne pepper and cumin and saute for 1 minute.
- Add the green peppers, bay leaf, tomatoes with their juice, the reserved meat, 1 tablespoon of salt and 1 teaspoon pepper and bring to a boil. Reduce the heat, cover the pot with a tight fitting lid and simmer for 2 1/2 hours, stirring occasionally. Taste and season with salt, to taste.

- Add the coffee, cover the pot and simmer for 1 more hour.
- Add the kidney beans and basil, and warm through.
- Transfer the chili to a large serving bowl and serve with sour cream, grated Cheddar, diced tomato, tortilla chips and guacamole.

## Nutrition Facts

■ PROTEIN **32.16%**
■ FAT **44.72%**
■ CARBS **23.12%**

### Properties

Glycemic Index:50.13, Glycemic Load:9.68, Inflammation Score:-10, Nutrition Score:55.732608515283%

### Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
 Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 1.98mg,  
 Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,  
 Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 2mg,  
 Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol:  
 0.55mg, Kaempferol: 0.55mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg  
 Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

### Nutrients (% of daily need)

Calories: 959.56kcal (47.98%), Fat: 48.06g (73.94%), Saturated Fat: 16.37g (102.31%), Carbohydrates: 55.93g  
 (18.64%), Net Carbohydrates: 42.57g (15.48%), Sugar: 13.12g (14.58%), Cholesterol: 212.85mg (70.95%), Sodium:  
 857.79mg (37.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 77.78g (155.56%),  
 Vitamin B12: 7.23µg (120.54%), Zinc: 15.27mg (101.77%), Phosphorus: 1002.78mg (100.28%), Vitamin B6: 1.82mg  
 (90.8%), Selenium: 59.1µg (84.43%), Vitamin C: 69.32mg (84.02%), Vitamin A: 4115.32IU (82.31%), Vitamin B3:  
 14.42mg (72.08%), Potassium: 2224.89mg (63.57%), Iron: 9.9mg (55.02%), Fiber: 13.36g (53.42%), Vitamin B2:  
 0.85mg (50.25%), Vitamin K: 50.53µg (48.12%), Manganese: 0.95mg (47.47%), Magnesium: 181.7mg (45.42%),  
 Vitamin E: 6.26mg (41.75%), Vitamin B1: 0.62mg (41.09%), Calcium: 371.03mg (37.1%), Copper: 0.69mg (34.36%),  
 Folate: 115.41µg (28.85%), Vitamin B5: 2.06mg (20.59%), Vitamin D: 0.18µg (1.2%)