



Ding Dong Eight-Alarm Chili

READY IN



300 min.

SERVINGS



8

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 oz ancho chili pepper dried stemmed seeded (4 large)
- 0.3 cup chipotles in adobo canned
- 28 oz frangelico whole canned
- 1.5 tablespoons chili powder pure (not chile)
- 8 servings approx cream cheese spread fresh shredded sour white cubed chopped
- 4 lb brisket boneless trimmed cut into 1 1/2- to 2-inch pieces
- 12 oz beer dark (not)
- 0.5 cup cilantro leaves fresh coarsely chopped
- 6 large garlic clove finely chopped

- 1.5 tablespoons ground cumin
- 1 tablespoon oregano dried crumbled (preferably Mexican)
- 2.5 cups pinto beans canned rinsed cooked (optional; 30 oz)
- 1 tablespoon salt to taste
- 1 small serrano ham fresh green finely chopped for most tastes; 4 is the eight-alarm version fine (1 is)
- 3 tablespoons vegetable oil
- 2 cups water
- 4 cups onion white chopped

Equipment

- bowl
- pot
- blender

Directions

- Soak ancho chiles in hot water to cover until softened, about 30 minutes.
- Drain well.
- While chiles soak, mince 1 whole garlic clove and mash to a paste with 1/2 tablespoon salt, 1/2 tablespoon cumin, and 1/2 tablespoon chili powder. Pat beef dry and toss with spice mixture in a large bowl until coated.
- Heat 2 tablespoons oil in a wide 6- to 7-quart heavy pot over moderately high heat until hot but not smoking, then brown beef in 3 or 4 batches, without crowding, turning occasionally, about 5 minutes per batch (lower heat as needed; spice mixture burns easily).
- Transfer beef as browned to another bowl. (Do not clean pot.)
- Purée anchos in a blender along with tomatoes (including juice), chipotles in adobo, cilantro, remaining 2 whole garlic cloves, and remaining 1/2 tablespoon salt until smooth.
- Add enough oil to fat in pot to total 3 tablespoons, then cook onions and chopped garlic over moderate heat, stirring and scraping up brown bits from beef, until softened, 8 to 10 minutes.
- Add oregano, remaining tablespoon cumin, and remaining tablespoon chili powder and cook, stirring, 2 minutes.

- Add chile purée and 1 chopped serrano and simmer, stirring, 5 minutes. Stir in beer, water, and beef along with any juices accumulated in bowl and gently simmer, partially covered, stirring occasionally and checking often to make sure chili is not scorching, 2 hours.
- Taste sauce, then add more serrano if desired and continue to simmer, partially covered, until beef is very tender and sauce is slightly thickened, 1 to 2 hours more. (If chili becomes very thick before meat is tender, thin with water as needed.)
- Coarsely shred meat (still in pot) with 2 forks and cool chili completely, uncovered, then chill, covered, 1 to 2 days to allow flavors to develop.
- Reheat over low heat, partially covered, stirring occasionally, until hot, about 30 minutes.
- Add beans (if using) and simmer, stirring, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:35.806956498519%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 644.53kcal (32.23%), Fat: 30.11g (46.32%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 23.69g (8.62%), Sugar: 8.16g (9.07%), Cholesterol: 160.52mg (53.51%), Sodium: 1244.56mg (54.11%), Alcohol: 1.66g (100%), Alcohol %: 0.34% (100%), Protein: 56.28g (112.56%), Vitamin B12: 5.52µg (91.99%), Zinc: 10.69mg (71.24%), Vitamin B6: 1.32mg (66.01%), Selenium: 42.13µg (60.19%), Phosphorus: 589.8mg (58.98%), Vitamin A: 2720.63IU (54.41%), Vitamin B3: 10.31mg (51.56%), Iron: 7.56mg (41.97%), Fiber: 9.92g (39.7%), Potassium: 1313.88mg (37.54%), Vitamin B2: 0.56mg (33.03%), Folate: 131.86µg (32.96%), Vitamin K: 30.86µg (29.39%), Manganese: 0.58mg (28.85%), Magnesium: 105.15mg (26.29%), Vitamin B1: 0.39mg (26.11%), Copper: 0.4mg (19.79%), Vitamin E: 2.63mg (17.56%), Calcium: 130.07mg (13.01%), Vitamin C: 9.66mg (11.7%), Vitamin B5: 1.13mg (11.28%)