



## Dragon's Breath Chili

READY IN



145 min.

SERVINGS



15

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 anaheim chiles peeled chopped
- 12 ounces lager beer
- 1 teaspoon pepper black freshly ground
- 2 teaspoons pepper black freshly ground
- 1 pound bulk sausage italian
- 31 ounce kidney beans with juice canned
- 31 ounce pinto beans with juice canned
- 3 tablespoons canola oil
- 8 cups canola oil

- 2 teaspoons cayenne pepper
- 1 cup chicken stock see
- 2 jalapenos chiles minced
- 3 tablespoons chili powder
- 1 pound chuck boneless trimmed cut into 1/4-inch cubes
- 1 tablespoon grain sea salt fine
- 1 head garlic minced
- 2 teaspoons sea salt
- 2 teaspoons granulated onion
- 1 bunch green onions thinly sliced
- 2 pounds ground beef
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons kosher salt
- 2 teaspoons paprika hot
- 3 poblano chiles peeled chopped
- 2 bell peppers diced red
- 16 inch long russet potatoes
- 15 servings saltines for garnish
- 1 cup cheddar shredded
- 1 cup tomato paste
- 2 cups tomato sauce
- 2 tablespoons butter unsalted
- 2 onions diced yellow

## Equipment

- bowl
- pot
- kitchen thermometer

# Directions

- Watch how to make this recipe.
- Add the bacon grease and butter to a large stockpot over high heat.
- Add the Anaheim chiles, poblano chiles, red bell peppers, jalapeno chiles and onions, and cook until caramelized, about 5 minutes.
- Add the garlic and saute 1 minute longer.
- Add the chuck and brown, about 4 minutes.
- Add the ground beef and sausage and brown, stirring gently, trying not to break up the ground beef too much. Cook until the meat is nicely browned and cooked through, 7 to 10 minutes.
- Add the chili powder, cayenne, coriander, cumin, granulated garlic, granulated onion, paprika, salt and black pepper, and cook until fragrant, about 1 minute.
- Add the tomato sauce and paste, and stir to caramelize, about 2 minutes. Stir in the beer and stock.
- Add the kidney and pinto beans; lower the heat and simmer, about 2 hours.
- Serve the chili in bowls over Double-Fried French Fries and garnish with crackers, green onions and Cheddar.
- Peel the potatoes on the sides, leaving the ends with the skin on.
- Cut the potatoes into 1/3-inch slices and then slice into 1/3-inch sticks.
- Fill a large bowl with water and soak the potatoes, submerged, at least 30 minutes and up to 24 hours. This will help remove the excess starch from the potatoes and keep them from oxidizing.
- Fit a heavy stockpot with a deep-fry thermometer and heat the oil to 325degrees F.
- Remove the potatoes from the water and pat dry to remove excess water. Carefully place two handfuls of potatoes into the hot oil. There should be at least 1 inch of oil above the potatoes. Parcook until the potatoes are light brown, 5 to 7 minutes.
- Remove the potatoes, gently shaking off the excess oil and let them drain on a rack. Repeat the process until all of the potatoes are parcooked.
- Raise the heat of the oil to 350 degrees F. Cook the potatoes again, two handfuls at a time, until golden brown, about 2 minutes.

- Remove the potatoes from the oil, shake off the excess oil, place in a bowl and sprinkle lightly with salt and pepper. Repeat the process until all of the potatoes are cooked.

## Nutrition Facts



**PROTEIN 16.02%** **FAT 66.26%** **CARBS 17.72%**

### Properties

Glycemic Index:44.28, Glycemic Load:9.3, Inflammation Score:-9, Nutrition Score:31.446956489397%

### Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

### Nutrients (% of daily need)

Calories: 775.6kcal (38.78%), Fat: 57.54g (88.53%), Saturated Fat: 15.17g (94.84%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 24.94g (9.07%), Sugar: 8.12g (9.02%), Cholesterol: 101.47mg (33.82%), Sodium: 1834.79mg (79.77%), Alcohol: 0.88g (100%), Alcohol %: 0.21% (100%), Protein: 31.3g (62.6%), Vitamin C: 59.52mg (72.15%), Vitamin E: 7.39mg (49.25%), Zinc: 6.83mg (45.55%), Vitamin B12: 2.49µg (41.42%), Vitamin B6: 0.83mg (41.37%), Phosphorus: 413.12mg (41.31%), Selenium: 28.52µg (40.75%), Fiber: 9.69g (38.77%), Vitamin A: 1915.07IU (38.3%), Vitamin B3: 7.39mg (36.97%), Manganese: 0.73mg (36.25%), Vitamin K: 35.85µg (34.15%), Potassium: 1164.83mg (33.28%), Iron: 5.78mg (32.1%), Vitamin B1: 0.41mg (27.35%), Vitamin B2: 0.41mg (23.88%), Copper: 0.45mg (22.68%), Magnesium: 89.14mg (22.29%), Folate: 66.33µg (16.58%), Calcium: 159.36mg (15.94%), Vitamin B5: 1.14mg (11.38%), Vitamin D: 0.23µg (1.56%)