



Fiesta Steak Chili

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

READY IN



105 min.

SERVINGS



12

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce black beans drained and rinsed canned
- 43.5 ounce tomatoes diced canned
- 30 ounce kidney beans drained and rinsed canned
- 15 ounce tomato sauce canned
- 15 ounce regular corn yellow drained canned
- 2 tablespoons garlic chopped
- 2 bell pepper diced green
- 2 teaspoons ground pepper black

- 2 tablespoons olive oil
- 1 bell pepper diced red
- 2 pounds beef top round steak cut into 1/2-inch cubes
- 1 bell pepper diced yellow
- 2 onions diced yellow

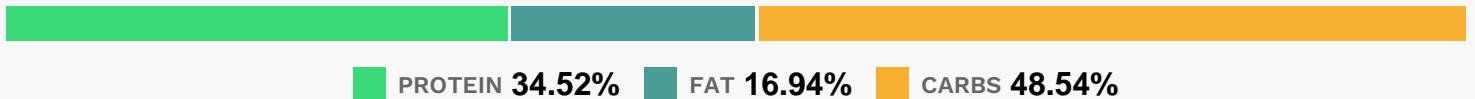
Equipment

- pot

Directions

- Heat oil in a large pot over medium heat. Cook and stir steak and ground black pepper in hot oil until browned on all sides, 5 to 10 minutes.
- Stir onions into beef; saute until onions are translucent, 3 to 4 minutes.
- Add garlic and cook until fragrant, about 1 minute.
- Stir green bell peppers, yellow bell pepper, and red bell pepper into beef mixture one pepper at a time. Cook and stir until fragrant, 3 to 5 minutes.
- Pour diced tomatoes, kidney beans, black beans, corn, and tomato sauce into beef-pepper mixture. Bring to a simmer and cook, stirring occasionally, until flavors blend and meat is tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:8.5, Inflammation Score:-8, Nutrition Score:27.199999643409%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 319.43kcal (15.97%), Fat: 6.23g (9.59%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 28.07g (10.21%), Sugar: 8.31g (9.24%), Cholesterol: 46.12mg (15.37%), Sodium: 819.52mg (35.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.58g (57.17%), Vitamin C: 65.08mg (78.88%), Fiber: 12.11g (48.46%), Vitamin B6: 0.94mg (46.82%), Vitamin B3: 7.98mg (39.92%), Phosphorus: 394.2mg (39.42%), Selenium: 26.54µg (37.91%), Manganese: 0.69mg (34.68%), Potassium: 1173.47mg (33.53%), Zinc: 4.84mg (32.24%), Iron: 5.48mg (30.45%), Folate: 104.51µg (26.13%), Copper: 0.49mg (24.56%), Magnesium: 97.9mg (24.48%), Vitamin B1: 0.36mg (24.32%), Vitamin B2: 0.37mg (21.58%), Vitamin B12: 1.02µg (17.01%), Vitamin A: 775.73IU (15.51%), Vitamin E: 2.05mg (13.66%), Vitamin B5: 1.35mg (13.5%), Vitamin K: 11.93µg (11.36%), Calcium: 111.77mg (11.18%)