



Five Alarm Chili in the Biscuit Bowl

READY IN



70 min.

SERVINGS



6

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baking biscuit mix (recommended: Bisquick)
- 6 servings pepper black freshly ground
- 15 ounce kidney beans drained and rinsed canned
- 0.5 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 6 servings corn chips
- 1 clove garlic chopped
- 1 medium bell pepper green seeded chopped
- 6 servings green onions sliced (white and green parts)

- 1 pound ground beef
- 2 medium onions chopped
- 1 teaspoon salt
- 6 servings sharp cheddar grated
- 6 servings cup heavy whipping cream sour
- 28 ounce stewed tomatoes mexican-style canned
- 0.7 cup milk whole

Equipment

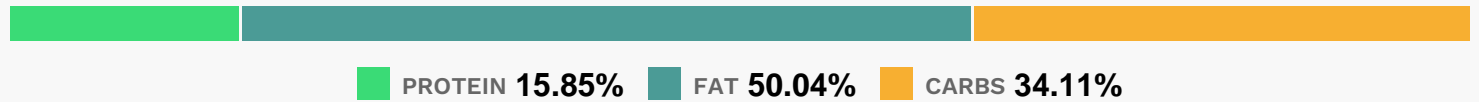
- bowl
- oven
- mixing bowl
- muffin tray
- dutch oven

Directions

- Preheat the oven to 450 degrees F. Invert a 6-cup muffin tin and spray the underside with vegetable oil cooking spray.
- Stir together the biscuit mix, milk and cayenne in a medium mixing bowl. Shape into a ball. Turn out onto floured surface and knead 2 to 4 times. Divide the ball into 6 pieces.
- Roll each piece into a 6-inch circle.
- Place 1 dough circle over each muffin cup. Press around the cup to form a bowl shape.
- Bake for 12 to 15 minutes, until lightly browned.
- Let cool slightly.
- Remove the biscuit bowls and reserve.
- Brown the ground chuck over medium heat in a Dutch oven.
- Add the onions and green pepper and continue to cook until the meat is completely browned and the vegetables are tender.
- Add garlic and cook until fragrant.

- Drain of any fat and discard. Stir in the tomatoes, beans, chili powder and salt. Bring the mixture to a boil, cover, and reduce the heat to low. Simmer for 35 minutes. Season with ground black pepper. When ready to serve, spoon hot chili into the biscuit bowls.
- Garnish with shredded Cheddar, sour cream, sliced green onions, and corn chips.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:5.17, Inflammation Score:-9, Nutrition Score:31.872608703116%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 797.97kcal (39.9%), Fat: 45.03g (69.28%), Saturated Fat: 16.26g (101.65%), Carbohydrates: 69.05g (23.02%), Net Carbohydrates: 59.89g (21.78%), Sugar: 14.9g (16.56%), Cholesterol: 94.81mg (31.6%), Sodium: 1823.5mg (79.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.18%), Phosphorus: 709.49mg (70.95%), Calcium: 472.32mg (47.23%), Selenium: 28.35µg (40.49%), Zinc: 5.92mg (39.44%), Vitamin C: 31.34mg (37.98%), Vitamin B12: 2.26µg (37.72%), Vitamin B2: 0.64mg (37.63%), Fiber: 9.16g (36.66%), Vitamin B3: 7.1mg (35.48%), Manganese: 0.71mg (35.33%), Iron: 6.34mg (35.23%), Vitamin E: 4.96mg (33.1%), Vitamin A: 1642.98IU (32.86%), Vitamin B1: 0.48mg (31.85%), Vitamin B6: 0.6mg (30.06%), Potassium: 1010.1mg (28.86%), Vitamin K: 29.95µg (28.52%), Magnesium: 104.09mg (26.02%), Folate: 103.34µg (25.83%), Copper: 0.46mg (23.17%), Vitamin B5: 1.5mg (14.97%), Vitamin D: 0.55µg (3.69%)