



Four-Chile Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ancho chile powder
- 3 cups beef stock low-sodium canned
- 38 ounce kidney beans drained and rinsed canned
- 2 chipotle chiles in adobo sauce minced seeded
- 8 servings cilantro leaves coarsely chopped for serving
- 1 pinch cinnamon
- 8 large garlic cloves minced
- 3.5 pounds ground sirloin

- 56 ounce tomatoes italian peeled coarsely chopped canned
- 3 large jalapeño chiles minced seeded
- 2 tablespoons olive oil
- 1.5 pounds onion spanish coarsely chopped
- 1 tablespoon oregano dried
- 8 servings salt and pepper black freshly ground
- 8 servings cup heavy whipping cream sour for serving
- 2.5 tablespoons paprika sweet
- 0.3 cup tomato paste

Equipment

- bowl

Directions

- Heat the olive oil in a enameled cast-iron casserole.
- Add half the ground beef in large chunks and season with salt and pepper. Cook over moderately high heat until brown on the bottom, about 4 minutes. Stir and cook until most of the pink is gone, about 3 minutes; keep the meat in large chunks.
- Transfer to a plate and repeat with the remaining meat.
- Pour off all but 2 tablespoons of the fat from the casserole.
- Add the onion, garlic and jalapeos and cook over moderately low heat, stirring often, until softened, about 6 minutes.
- Add the ancho powder and paprika and cook over low heat, stirring often, until fragrant, about 5 minutes.
- Add the tomato paste and cook, stirring, until the paste is glossy and starts to brown, about 5 minutes. Stir in the tomatoes and their juices, the chicken stock and the cooked beef and any accumulated juices. Bring to a simmer over moderately high heat. Reduce the heat to low and simmer for 1 1/2 hours, stirring occasionally.
- Add the kidney beans, chipotles and oregano and simmer for 30 minutes longer. Season with salt, pepper and a large pinch of cinnamon.
- Remove from the heat and let stand for at least 20 minutes. Reheat before serving.

Serve the chili in bowls, topped with a generous sprinkling of cilantro. Pass the sour cream at the table.

Make Ahead: The chili can be refrigerated for up to 4 days and frozen for up to 2 months.

Nutrition Facts

PROTEIN 27.91% **FAT 47.57%** **CARBS 24.52%**

Properties

Glycemic Index:39.13, Glycemic Load:11.43, Inflammation Score:-10, Nutrition Score:42.155217269193%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 18.79mg, Quercetin: 18.79mg, Quercetin: 18.79mg, Quercetin: 18.79mg

Nutrients (% of daily need)

Calories: 706.16kcal (35.31%), Fat: 37.91g (58.32%), Saturated Fat: 13.83g (86.45%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 29.95g (10.89%), Sugar: 13.8g (15.34%), Cholesterol: 142.02mg (47.34%), Sodium: 635.67mg (27.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.04g (100.08%), Vitamin A: 3896.36IU (77.93%), Vitamin B12: 4.42µg (73.67%), Zinc: 10.67mg (71.15%), Vitamin B3: 13.33mg (66.66%), Vitamin B6: 1.26mg (63.12%), Phosphorus: 619.81mg (61.98%), Fiber: 14g (56%), Vitamin C: 43.7mg (52.98%), Potassium: 1847.45mg (52.78%), Selenium: 35.37µg (50.53%), Manganese: 0.96mg (48.17%), Iron: 8.38mg (46.57%), Vitamin K: 37.66µg (35.86%), Vitamin B2: 0.58mg (33.97%), Vitamin E: 4.84mg (32.27%), Copper: 0.62mg (31.05%), Magnesium: 123.78mg (30.94%), Folate: 99.53µg (24.88%), Vitamin B1: 0.37mg (24.67%), Vitamin B5: 1.72mg (17.21%), Calcium: 158.58mg (15.86%), Vitamin D: 0.2µg (1.32%)