



Four-Star Chili

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz beef broth fat-free reduced-sodium canned
- 30 oz black beans rinsed canned
- 1 Tbsp chili powder
- 4 cups brown rice long-grain hot cooked
- 0.5 cup dressing italian kraft
- 1 large onion chopped
- 1 lb beef and pork boneless for stew, cut into 1/2-inch pieces
- 1 large bell pepper green red chopped

16 oz taco bellâ® & chunky salsa thick

Equipment

frying pan

dutch oven

Directions

Brown meat with onions in dressing in Dutch oven or large deep skillet on medium-high heat 5 min., stirring occasionally.

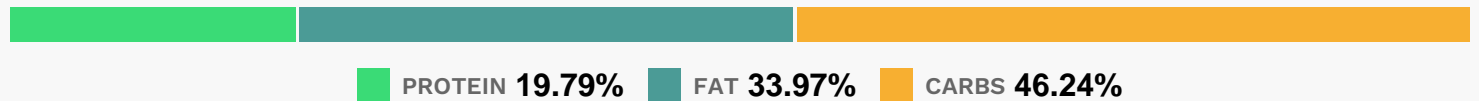
Add peppers; cook 2 to 3 min. or until crisp-tender.

Add salsa, broth and chili powder; stir. Bring to boil. Cover; simmer on medium-low heat 1 hour or until meat is tender.

Stir in beans; cook, uncovered, 30 min.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:21.959564950155%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 418.2kcal (20.91%), Fat: 15.93g (24.51%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 48.79g (16.26%), Net Carbohydrates: 37.66g (13.7%), Sugar: 5.45g (6.05%), Cholesterol: 40.26mg (13.42%), Sodium: 1077.61mg (46.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.77%), Manganese: 1.27mg (63.53%), Fiber: 11.13g (44.51%), Phosphorus: 318.21mg (31.82%), Selenium: 20.54µg (29.35%), Vitamin B6: 0.58mg (29.08%), Vitamin B3: 5.44mg (27.18%), Vitamin C: 21.88mg (26.52%), Magnesium: 103.43mg (25.86%), Zinc: 3.78mg (25.22%), Potassium: 863.04mg (24.66%), Iron: 4.09mg (22.71%), Vitamin B1: 0.31mg (20.83%), Copper: 0.41mg (20.33%), Folate: 80.88µg (20.22%), Vitamin B12: 1.21µg (20.22%), Vitamin B2: 0.27mg (16.13%), Vitamin K: 14.86µg (14.15%), Vitamin A:

654.42IU (13.09%), Vitamin E: 1.74mg (11.57%), Vitamin B5: 0.92mg (9.25%), Calcium: 84.61mg (8.46%)