

Fusion Chili



Gluten Free



Dairy Free



Popular

READY IN



270 min.

SERVINGS



12

CALORIES



959 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ancho chiles dried stemmed seeded chopped
- ☐ 1 teaspoon pepper black
- ☐ 58 ounce tomatoes diced canned
- ☐ 16 ounce kidney beans drained canned
- ☐ 16 ounce pinto beans drained canned
- ☐ 1 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 1 tablespoon chili powder

- ☐ 1 cup cooking wine dry red
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 10 cloves garlic sliced
- ☐ 3 pounds ground beef
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup honey
- ☐ 3 pounds sausage italian hot
- ☐ 0.3 cup pepper sauce hot
- ☐ 1 onion diced red
- ☐ 1 teaspoon salt
- ☐ 1 onion diced sweet
- ☐ 6 ounce tomato paste canned
- ☐ 0.5 cup water
- ☐ 1 onion diced white
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 0.3 cup worcestershire sauce

Equipment

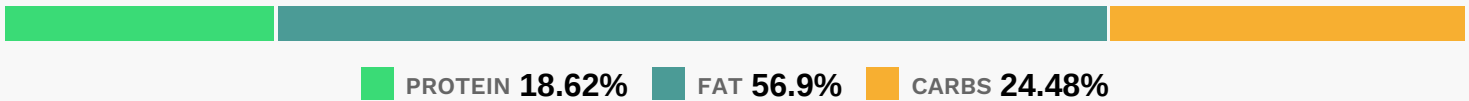
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a small bowl, soak chiles in water and vinegar for 30 minutes. After soaking, puree in a blender or food processor until very smooth, about 5 minutes; set aside.
- ☐ Place sausage and ground beef in a large, deep skillet. Cook over medium high heat until evenly brown.

- ☐ Remove meat from pan, and set aside. In a large pot,
- ☐ Heat 3 to 4 tablespoons of the meat drippings over medium heat.
- ☐ Saute white onion, red onion, sweet onion, celery, carrots and garlic until onions are soft and translucent. Season with salt and black pepper. Stir in tomato paste, and allow to caramelize.
- ☐ Pour in wine to deglaze the pot, scraping up any bits stuck to the bottom.
- ☐ Stir in cooked meat, tomatoes, Worcestershire sauce and hot pepper sauce. Season with chili powder, cumin and parsley. Bring to a boil, then stir in blended chile mixture and honey. Carefully mix in kidney beans pinto beans without breaking them. Cover, and simmer for 3 hours. Stir and scrape the bottom every hour or so.

Nutrition Facts



Properties

Glycemic Index:37.26, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:43.508695757907%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 958.88kcal (47.94%), Fat: 60.76g (93.47%), Saturated Fat: 21.86g (136.65%), Carbohydrates: 58.83g (19.61%), Net Carbohydrates: 43.67g (15.88%), Sugar: 32.04g (35.6%), Cholesterol: 166.7mg (55.57%), Sodium: 1775.23mg (77.18%), Alcohol: 2.1g (100%), Alcohol %: 0.43% (100%), Protein: 44.73g (89.45%), Vitamin A: 9980.61IU (199.61%), Selenium: 47.72µg (68.18%), Vitamin B6: 1.31mg (65.58%), Vitamin B3: 12.82mg (64.1%), Fiber: 15.16g (60.65%), Vitamin B1: 0.89mg (59.47%), Vitamin B12: 3.46µg (57.64%), Zinc: 7.98mg (53.18%), Potassium: 1851.24mg (52.89%), Phosphorus: 523.4mg (52.34%), Vitamin B2: 0.87mg (51.35%), Iron: 8.83mg (49.04%), Vitamin K: 51.38µg (48.93%), Vitamin C: 35.45mg (42.96%), Manganese: 0.85mg (42.47%), Magnesium: 113.93mg (28.48%), Copper: 0.53mg (26.7%), Vitamin E: 3.1mg (20.65%), Folate: 80.34µg (20.09%), Vitamin B5: 1.87mg (18.67%),

Calcium: 165.71mg (16.57%)