



Game Day Chili

READY IN



135 min.

SERVINGS



10

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken stock see
- 6 tablespoons chile powder
- 1 cup suggested toppings: lightly whipped and creme fraiche fresh diced shredded chilled sliced
- 12 ounce beer dark such as dos equis
- 56 ounce fire-roasted tomatoes whole crushed canned
- 6 cloves garlic finely chopped
- 2 tablespoons hot sauce green such as tabasco
- 3 pounds ground meat (any combination of ground beef chuck, pork shoulder or veal shoulder)
- 2 tablespoons hot sauce red such as tabasco

- 10 servings kosher salt and pepper black freshly ground
- 3 tablespoons olive oil extra-virgin
- 2 large onions chopped
- 2 cups scallions chopped
- 2 tablespoons tomato paste

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Watch how to make this recipe.
- In a large Dutch oven, heat the oil over medium-high heat. When the oil is hot, add the ground meat. Cook and stir occasionally until browned all over and you can hear a slight crackling in the pan, letting you know the moisture has cooked away, about 15 minutes. Season with salt and pepper.
- Reduce the heat to medium.
- Add the garlic, onions and half of the scallions and cook until wilted, about 5 minutes. Make a space in the pan and drop in the tomato paste.
- Let toast for 1 minute and then stir into the meat.
- Sprinkle on the chile powder. Cook and stir until fragrant, about 2 minutes.
- Pour in the beer and cook until almost reduced away, about 4 minutes.
- Pour in the tomatoes and stock and season with the red and green hot sauce. Adjust the heat so the chili is gently simmering and cook, uncovered, until the chili is thick, dark red and flavorful, about 1 1/2 hours.
- Serve in bowls with the remaining scallions and suggested toppings.

Nutrition Facts

 **PROTEIN 21.44%**  **FAT 63.86%**  **CARBS 14.7%**

Properties

Glycemic Index:20.65, Glycemic Load:1.8, Inflammation Score:-9, Nutrition Score:22.846521758515%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 534.79kcal (26.74%), Fat: 37.25g (57.31%), Saturated Fat: 13.64g (85.27%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 15.16g (5.51%), Sugar: 7.77g (8.63%), Cholesterol: 111.63mg (37.21%), Sodium: 659.04mg (28.65%), Alcohol: 1.33g (100%), Alcohol %: 0.36% (100%), Protein: 28.15g (56.29%), Vitamin K: 52.7µg (50.19%), Vitamin B12: 2.97µg (49.45%), Vitamin A: 2460.89IU (49.22%), Zinc: 6.22mg (41.45%), Vitamin B3: 7.53mg (37.64%), Selenium: 24.2µg (34.57%), Vitamin B6: 0.68mg (34.01%), Phosphorus: 286.85mg (28.68%), Iron: 4.99mg (27.75%), Vitamin E: 3.36mg (22.38%), Vitamin B2: 0.37mg (21.76%), Potassium: 696.87mg (19.91%), Vitamin C: 14.33mg (17.37%), Fiber: 4.13g (16.53%), Calcium: 140.6mg (14.06%), Magnesium: 45.77mg (11.44%), Manganese: 0.23mg (11.31%), Copper: 0.21mg (10.55%), Folate: 35.96µg (8.99%), Vitamin B5: 0.89mg (8.91%), Vitamin B1: 0.13mg (8.39%)