



Grandpa Ron's Awesome Three-Bean Chili

 **Gluten Free**

READY IN



105 min.

SERVINGS



16

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce tomatoes diced canned
- ☐ 15 ounce kidney beans undrained canned
- ☐ 15 ounce pinto beans undrained canned
- ☐ 15 ounce beans red undrained canned
- ☐ 30 ounce tomato sauce canned
- ☐ 2.5 ounce chili seasoning
- ☐ 1 tablespoon cornstarch
- ☐ 4 cloves garlic chopped

- ☐ 1 large bell pepper green chopped
- ☐ 3 pounds ground beef
- ☐ 0.5 teaspoon ground mustard
- ☐ 16 servings salt and ground pepper black to taste
- ☐ 0.5 cup brown sugar light
- ☐ 0.5 cup onion chopped to taste
- ☐ 1 dash pepper sauce hot to taste
- ☐ 1 large bell pepper red chopped
- ☐ 1 cup cheddar cheese shredded to taste
- ☐ 2 large onions white chopped

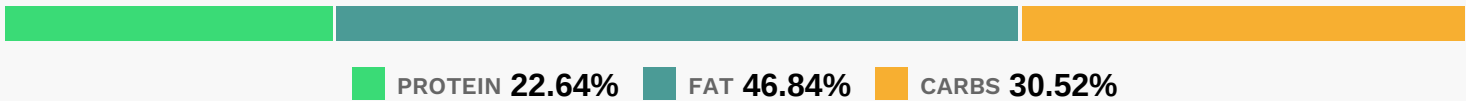
Equipment

- ☐ pot

Directions

- ☐ Heat a large stock pot over medium-high heat. Cook and stir beef until browned and crumbly, 10 to 15 minutes; drain and discard grease.
- ☐ Mix beer, tomato sauce, diced tomatoes, pinto beans, red beans, kidney beans, 2 chopped onions, green bell pepper, red bell pepper, brown sugar, garlic, chili seasoning mix, cornstarch, and mustard into ground beef; bring to a boil. Reduce heat, cover pot, and simmer, stirring frequently, until flavors have blended, about 1 hour.
- ☐ Top each serving with about 1 tablespoon Cheddar cheese, 1 1/2 teaspoons onion, and hot sauce; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:5.72, Inflammation Score:-9, Nutrition Score:22.565652168315%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 387.9kcal (19.4%), Fat: 20.65g (31.77%), Saturated Fat: 8.1g (50.64%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 22.51g (8.19%), Sugar: 13.26g (14.73%), Cholesterol: 67.45mg (22.48%), Sodium: 645.42mg (28.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.92%), Vitamin A: 2904.85IU (58.1%), Vitamin C: 32.68mg (39.61%), Vitamin B6: 0.64mg (32.08%), Zinc: 4.77mg (31.81%), Vitamin B12: 1.89µg (31.58%), Fiber: 7.76g (31.04%), Phosphorus: 299.65mg (29.96%), Vitamin B3: 5.48mg (27.39%), Iron: 4.89mg (27.15%), Potassium: 893.63mg (25.53%), Manganese: 0.5mg (25.14%), Selenium: 16.46µg (23.51%), Vitamin E: 3.19mg (21.26%), Vitamin B2: 0.33mg (19.67%), Magnesium: 68.64mg (17.16%), Copper: 0.33mg (16.5%), Calcium: 142.1mg (14.21%), Folate: 49.3µg (12.33%), Vitamin B1: 0.18mg (12.3%), Vitamin K: 12.56µg (11.96%), Vitamin B5: 0.99mg (9.87%)