



Healthier Boilermaker Tailgate Chili



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



12

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baked tortilla chips
- ☐ 0.5 cup beer
- ☐ 56 ounce tomatoes diced with juice canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 3 stalks celery chopped
- ☐ 1 pound mild chicken sausage diced italian
- ☐ 45 ounce chili beans sauce drained canned
- ☐ 0.3 cup chili powder

- ☐ 15 ounce chili beans in spicy sauce canned
- ☐ 1 teaspoon basil dried
- ☐ 2 pounds extra-lean ground beef
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper green seeded chopped
- ☐ 2 chile peppers green seeded chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 2 teaspoons pepper sauce hot tabasco® (such as)
- ☐ 1 bell pepper red seeded chopped
- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 1 teaspoon sugar white
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 large onion yellow chopped

Equipment

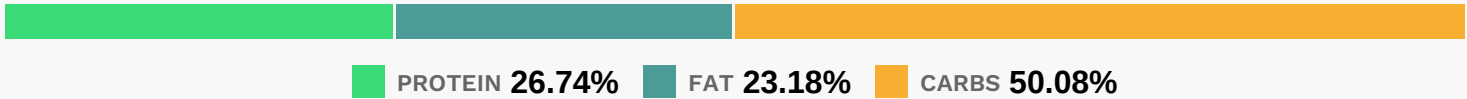
- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Crumble ground beef and chicken sausage into a large stock pot over medium-high heat; cook and stir until evenly browned, 10 to 12 minutes.
- ☐ Drain excess grease.
- ☐ Pour in chili beans, spicy chili beans, diced tomatoes, and tomato paste.

- ☐
- Add onion, celery, green bell pepper, red bell pepper, chile peppers, and beer. Season with chili powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, ground pepper, cayenne, paprika, and sugar. Stir to blend, then cover and simmer over low heat, stirring occasionally, for at least 2 hours.
- ☐
- Taste and adjust salt, ground pepper, and chili powder in necessary, after 2 hours. Ladle into bowls and top with baked tortilla chips to serve.

Nutrition Facts



Properties

Glycemic Index:30.72, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:30.783478280772%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 499.75kcal (24.99%), Fat: 13.07g (20.1%), Saturated Fat: 3.42g (21.4%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 51.96g (18.89%), Sugar: 17.19g (19.1%), Cholesterol: 73.56mg (24.52%), Sodium: 2356.81mg (102.47%), Alcohol: 0.38g (100%), Alcohol %: 0.1% (100%), Protein: 33.92g (67.84%), Vitamin C: 45.56mg (55.23%), Vitamin B6: 1.07mg (53.28%), Vitamin A: 2622.63IU (52.45%), Phosphorus: 485.41mg (48.54%), Fiber: 11.55g (46.2%), Zinc: 6.93mg (46.19%), Iron: 7.89mg (43.84%), Potassium: 1458.62mg (41.67%), Vitamin B3: 7.24mg (36.2%), Magnesium: 130.63mg (32.66%), Vitamin B2: 0.55mg (32.18%), Vitamin E: 4.71mg (31.43%), Copper: 0.6mg (30.2%), Selenium: 21.01µg (30.01%), Vitamin B12: 1.71µg (28.43%), Vitamin K: 21.17µg (20.16%), Vitamin B1: 0.28mg (18.48%), Calcium: 179.5mg (17.95%), Manganese: 0.35mg (17.44%), Folate: 66.87µg (16.72%), Vitamin B5: 0.83mg (8.26%)