



Healthified Salsa-Beef Chili

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

READY IN



50 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained progresso® canned
- 29 oz no salt added diced tomatoes diced organic no salt added undrained muir glen® canned
- 15 oz tomato sauce organic muir glen® canned
- 2 tablespoons chili powder
- 1 lb ground beef 90% (at least)
- 2 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 16 oz salsa organic muir glen®

- 1 cup onion chopped
- 1 teaspoon oregano dried
- 15 oz kidney beans dark red rinsed drained progresso® canned
- 2 teaspoons sugar
- 0.5 cup water

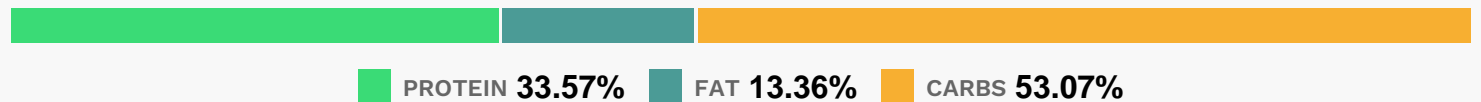
Equipment

- dutch oven

Directions

- In 4-quart nonstick Dutch oven, cook beef and onion over medium-high heat, stirring occasionally, until beef is thoroughly cooked; drain. Return to Dutch oven.
- Add garlic; cook and stir 1 minute.
- Stir in remaining ingredients except sour cream and green onions.
- Heat to boiling. Reduce heat to low; cover and simmer 30 minutes, stirring occasionally, until slightly thickened. To serve, top individual servings with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:4.66, Inflammation Score:-9, Nutrition Score:23.009565182354%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 260.43kcal (13.02%), Fat: 4.03g (6.21%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 24.43g (8.89%), Sugar: 8.68g (9.65%), Cholesterol: 35.15mg (11.72%), Sodium: 911.74mg (39.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.63%), Fiber: 11.63g (46.52%), Iron: 6.33mg (35.15%), Manganese: 0.68mg (33.82%), Vitamin B6: 0.66mg (33.01%), Potassium: 1150.32mg (32.87%), Phosphorus: 311.74mg (31.17%), Folate: 124.64µg (31.16%), Vitamin B3: 5.93mg (29.64%), Zinc: 4.26mg (28.43%), Vitamin A:

1225.58IU (24.51%), Copper: 0.48mg (23.97%), Magnesium: 89.69mg (22.42%), Vitamin C: 18.18mg (22.04%),
Vitamin B12: 1.27µg (21.17%), Vitamin E: 3.15mg (21.01%), Vitamin B2: 0.32mg (18.97%), Vitamin B1: 0.28mg (18.62%),
Selenium: 12.77µg (18.24%), Vitamin K: 15.26µg (14.53%), Calcium: 113.1mg (11.31%), Vitamin B5: 1.03mg (10.28%)