

Hearty Beef Chili

 Gluten Free

READY IN



205 min.

SERVINGS



7

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 lb stew meat cut into 1-inch cubes
- ☐ 2 tablespoons oats gold wondra®
- ☐ 2 tablespoons cooking oil
- ☐ 4.5 teaspoons chili powder
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons oregano dried
- ☐ 2 teaspoons ground cumin
- ☐ 2 bay leaves dried

- ☐ 1.5 cups beef broth (from 32-oz carton)
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 3 tablespoons cornmeal
- ☐ 15 oz black beans rinsed drained canned
- ☐ 4 oz chilis green chopped canned
- ☐ 1 serving monterrey jack cheese shredded
- ☐ 1 serving cream sour
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 serving tortilla chips

Equipment

- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ In large resealable food-storage plastic bag, place half of the beef and 1 tablespoon of the flour; seal bag and shake to coat. Repeat with remaining beef and flour. In 4-quart Dutch oven, heat oil over medium-high heat. Cook beef in oil until brown on all sides; drain, if desired.
- ☐ Stir in remaining chili ingredients except cornmeal, beans and chiles.
- ☐ Heat to boiling; reduce heat to low. Cover; simmer 3 hours or until meat is tender.
- ☐ Stir in cornmeal; cook and stir about 1 minute to thicken.
- ☐ Add beans and chiles; cook until thoroughly heated.
- ☐ Remove bay leaves.
- ☐ Serve chili with garnishes.

Nutrition Facts



 **PROTEIN 40.78%**  **FAT 30.52%**  **CARBS 28.7%**

Properties

Glycemic Index:43.93, Glycemic Load:5.51, Inflammation Score:-9, Nutrition Score:33.320434684744%

Flavonoids

Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 429.04kcal (21.45%), Fat: 14.66g (22.56%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 22.1g (8.04%), Sugar: 6.79g (7.55%), Cholesterol: 101.58mg (33.86%), Sodium: 1432.43mg (62.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.08g (88.17%), Vitamin B6: 1.45mg (72.39%), Selenium: 48.47µg (69.24%), Vitamin B3: 13.71mg (68.53%), Zinc: 7.82mg (52.15%), Phosphorus: 507.54mg (50.75%), Vitamin B12: 3.04µg (50.63%), Vitamin C: 36.92mg (44.75%), Iron: 7.51mg (41.73%), Potassium: 1265.96mg (36.17%), Fiber: 8.94g (35.75%), Manganese: 0.63mg (31.44%), Copper: 0.55mg (27.64%), Magnesium: 107.62mg (26.91%), Vitamin B2: 0.45mg (26.45%), Vitamin B1: 0.38mg (25.64%), Folate: 93.59µg (23.4%), Vitamin E: 3.48mg (23.19%), Vitamin K: 18.41µg (17.53%), Vitamin A: 758.8IU (15.18%), Calcium: 136.68mg (13.67%), Vitamin B5: 1.32mg (13.22%)