




 **89%**
HEALTH SCORE

Homemade Chili Beans


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




55 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 tsp chipotle chili powder (may use all or part chipotle chili powder)
- 1 pound pinto beans dried picked over rinsed
- 2 cloves garlic chopped
- 1 bell pepper green minced
- 0.5 tsp ground cumin
- 1 medium onion chopped
- 2 tsp oregano
- 2 chilies dried whole red ()

- 8 servings salt to taste
- 2 tbsp tomato paste (see tip below)
- 3 cups water

Equipment

- pot
- stove
- slow cooker
- pressure cooker

Directions

- Drain the soaking liquid from the beans.
- Place them in the pressure cooker with the water, onion, garlic, oregano, cumin, and chilies. Close the pressure cooker and bring it to high pressure; cook for 5 minutes at high pressure.
- Remove from heat and allow the pressure to come down naturally. (If you're cooking them in a regular pot or crockpot, cook until the beans are just soft enough to eat. The time will vary depending on your beans and method of cooking, but on the stove, allow at least an hour of cooking; in the slow cooker, count on at least 3 hours on high or 6 on low. Then proceed with the rest of the recipe.) Open the cooker and remove the dried chilies (squeeze them gently to get out all the flavor, but don't add the seeds to the beans if you don't want them to be spicy).
- Add the remaining ingredients and cook, uncovered, for 20–30 minutes. Adjust seasonings to your own taste.
- Serve hot with fresh salsa.

Nutrition Facts



PROTEIN **23.69%** FAT **3.78%** CARBS **72.53%**

Properties

Glycemic Index:20.13, Glycemic Load:11.08, Inflammation Score:-8, Nutrition Score:18.512608631797%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 213.59kcal (10.68%), Fat: 0.91g (1.4%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 29.3g (10.66%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 249.26mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.62%), Folate: 303.6µg (75.9%), Fiber: 9.93g (39.72%), Manganese: 0.75mg (37.55%), Vitamin B1: 0.43mg (28.42%), Copper: 0.56mg (28.18%), Magnesium: 108.2mg (27.05%), Potassium: 902.94mg (25.8%), Phosphorus: 247.98mg (24.8%), Selenium: 16.38µg (23.39%), Vitamin C: 17.72mg (21.48%), Iron: 3.46mg (19.23%), Vitamin B6: 0.36mg (17.85%), Zinc: 1.43mg (9.51%), Vitamin B2: 0.15mg (8.57%), Calcium: 84.93mg (8.49%), Vitamin K: 8.45µg (8.05%), Vitamin A: 358.87IU (7.18%), Vitamin B3: 1mg (4.99%), Vitamin B5: 0.5mg (4.98%), Vitamin E: 0.7mg (4.65%)