



It's Chili by George!!



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



10

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans drained and rinsed canned
- ☐ 15 ounce pinto beans drained and rinsed canned
- ☐ 29 ounce tomato sauce canned
- ☐ 0.3 cup chili powder
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper black

- ☐ 2 pounds ground beef lean
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 46 fluid ounce sacramento tomato juice canned
- ☐ 0.5 teaspoon sugar white

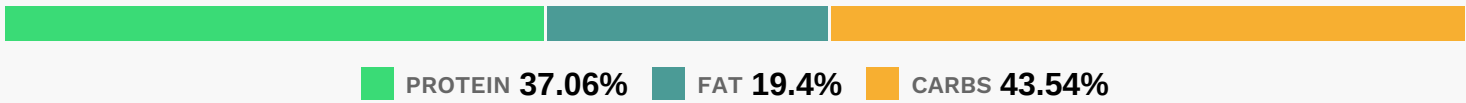
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, and crumble.
- ☐ In a large pot over high heat combine the ground beef, tomato juice, tomato sauce, kidney beans, pinto beans, onions, bell pepper, cayenne pepper, sugar, oregano, ground black pepper, salt, cumin and chili powder. Bring to a boil, then reduce heat to low. Simmer for 1 1/2 hours. (Note: If using a slow cooker, set on low, add ingredients, and cook for 8 to 10 hours.)

Nutrition Facts



Properties

Glycemic Index:36.11, Glycemic Load:8.99, Inflammation Score:-9, Nutrition Score:28.420869480009%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 286.37kcal (14.32%), Fat: 6.51g (10.01%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 22.21g (8.08%), Sugar: 11.88g (13.2%), Cholesterol: 56.25mg (18.75%), Sodium: 1183.12mg (51.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.98g (55.97%), Vitamin A: 2432.86IU (48.66%), Vitamin B6: 0.87mg (43.5%), Vitamin B3: 8.54mg (42.69%), Fiber: 10.66g (42.65%), Iron: 7.21mg (40.05%), Zinc: 5.99mg (39.91%), Potassium: 1349.94mg (38.57%), Manganese: 0.77mg (38.49%), Vitamin E: 5.7mg (38%), Phosphorus: 356.87mg (35.69%), Vitamin B12: 2.03µg (33.87%), Copper: 0.62mg (31.03%), Vitamin C: 23.76mg (28.8%), Selenium: 18.92µg (27.03%), Magnesium: 99.45mg (24.86%), Vitamin B2: 0.37mg (21.8%), Vitamin K: 19.86µg (18.92%), Vitamin B1: 0.26mg (17.09%), Folate: 57.78µg (14.44%), Vitamin B5: 1.42mg (14.16%), Calcium: 128.67mg (12.87%)