



## Jamie's Award-Winning Chili

 Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounce beer
- 15 ounce black beans drained and rinsed canned
- 15 ounce kidney beans drained and rinsed canned
- 15 ounce pinto beans drained and rinsed canned
- 14 ounce canned tomatoes diced canned
- 28 ounce canned tomatoes diced canned
- 0.3 cup chili powder
- 4 cloves garlic chopped

- 8 servings green onions chopped
- 1 tablespoon ground cumin
- 8 ounces sausage italian
- 1 pound ground beef lean
- 2 tablespoons olive oil
- 1 tablespoon oregano dried
- 1 medium bell pepper diced red
- 1 large onion diced red
- 8 servings cheddar shredded
- 8 servings cup heavy whipping cream sour
- 4 ounce tomato paste canned
- 1 medium bell pepper diced yellow

## Equipment

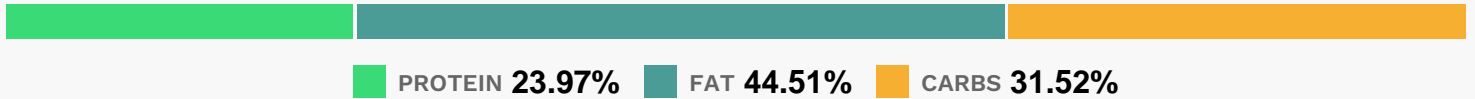
- frying pan
- wooden spoon
- dutch oven
- colander

## Directions

- Watch how to make this recipe.
- Add the olive oil to a large Dutch oven over medium-high heat. Once hot, add the onions and peppers and saute until soft, about 4 minutes.
- Add the garlic and saute until just fragrant. Stir in the beef and sausage, breaking it up with the back of a wooden spoon, and cook until browned, about 6 minutes.
- Drain the beef mixture through a colander.
- Add it back to the Dutch oven and stir in the chili powder, cumin and oregano. Cook for about 2 minutes. Stir the tomato paste into the beef mixture; this will "toast" it and give the chili more flavor.

- Add the beer and stir up any browned bits on the bottom of the pan. Bring to a simmer, and then add the diced tomatoes and beans. Simmer on medium-low for 2 hours, stirring on occasion to keep the bottom from sticking. Top with shredded cheese, sour cream and chopped green onions before serving.
- From Food Network Kitchens; after further testing and to ensure the best results this recipe has been altered from what was in the actual episode.

## Nutrition Facts



### Properties

Glycemic Index:54.69, Glycemic Load:10.09, Inflammation Score:-10, Nutrition Score:40.513477994048%

### Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

### Nutrients (% of daily need)

Calories: 601.19kcal (30.06%), Fat: 30.2g (46.47%), Saturated Fat: 12.36g (77.23%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 32.3g (11.75%), Sugar: 11.14g (12.38%), Cholesterol: 93.78mg (31.26%), Sodium: 1269.5mg (55.2%), Alcohol: 1.66g (100%), Alcohol %: 0.38% (100%), Protein: 36.59g (73.19%), Vitamin C: 66.98mg (81.18%), Vitamin A: 3495.97IU (69.92%), Fiber: 15.81g (63.25%), Phosphorus: 562.6mg (56.26%), Manganese: 1.04mg (52.2%), Vitamin B6: 0.98mg (48.99%), Iron: 8.63mg (47.92%), Vitamin E: 6.52mg (43.44%), Potassium: 1514.8mg (43.28%), Selenium: 30.29µg (43.27%), Zinc: 6.39mg (42.6%), Vitamin B3: 8.26mg (41.32%), Calcium: 404.82mg (40.48%), Vitamin K: 40.08µg (38.17%), Copper: 0.76mg (38.14%), Vitamin B1: 0.53mg (35.15%), Vitamin B2: 0.6mg (35.09%), Magnesium: 134.96mg (33.74%), Vitamin B12: 1.88µg (31.33%), Folate: 115.7µg (28.93%), Vitamin B5: 1.56mg (15.57%), Vitamin D: 0.24µg (1.58%)