



 **25%**
HEALTH SCORE

Jen's Hearty Three Meat Chili

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds stew meat cut into 1/2 inch pieces
- 28 ounce canned tomatoes diced canned
- 0.3 cup chili powder to taste
- 12 fluid ounce beer dark
- 1 pound ground beef
- 0.5 teaspoon ground cinnamon
- 1 pound sausage italian
- 0.5 onion chopped

- 0.3 teaspoon bell pepper red
- 8 servings salt and pepper black to taste
- 2 cups water
- 0.3 teaspoon pepper white
- 0.3 cup granulated sugar white

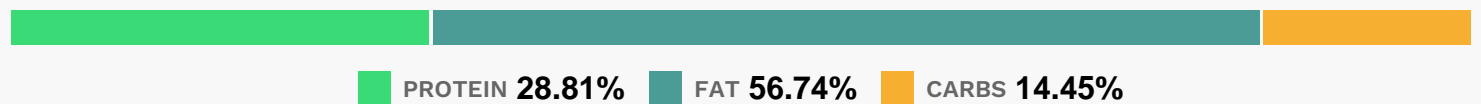
Equipment

- frying pan
- pot

Directions

- Cook and stir sausage in a large skillet over medium heat until browned.
- Drain; place sausage in a pot large enough to hold all ingredients. In same skillet, cook and stir onion with ground beef over medium heat until beef is browned and onions are tender; drain and add to the large pot.
- In same skillet, cook and stir stew beef over medium heat until browned. Without draining, pour stew beef into the large pot.
- Pour tomatoes, beer, and water into the pot with meats. Stir in chili powder, red pepper, white pepper, sugar, and cinnamon. Season to taste with salt and black pepper. Simmer until stew beef is very tender, at least 2 hours, stirring occasionally and adding more water as needed. If you prefer a thicker chili, thicken as needed with tomato paste. If using kidney beans, add them 10 minutes before serving, just in time to heat through.

Nutrition Facts



Properties

Glycemic Index:30.07, Glycemic Load:7.28, Inflammation Score:-9, Nutrition Score:29.714347875637%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin:

0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg,
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Nutrients (% of daily need)

Calories: 558.28kcal (27.91%), Fat: 34.69g (53.36%), Saturated Fat: 12.41g (77.57%), Carbohydrates: 19.87g (6.62%),
Net Carbohydrates: 15.21g (5.53%), Sugar: 11.44g (12.71%), Cholesterol: 136.08mg (45.36%), Sodium: 951.19mg
(41.36%), Alcohol: 1.73g (100%), Alcohol %: 0.52% (100%), Protein: 39.63g (79.26%), Selenium: 48.57µg (69.39%),
Vitamin B6: 1.24mg (62.08%), Vitamin B3: 12.3mg (61.48%), Vitamin B12: 3.31µg (55.19%), Zinc: 7.54mg (50.24%),
Vitamin A: 2410.79IU (48.22%), Phosphorus: 415.32mg (41.53%), Vitamin B1: 0.52mg (34.93%), Iron: 6.14mg (34.1%),
Vitamin E: 4.55mg (30.36%), Potassium: 1044.53mg (29.84%), Vitamin B2: 0.45mg (26.51%), Copper: 0.43mg
(21.74%), Manganese: 0.4mg (19.78%), Fiber: 4.66g (18.64%), Magnesium: 72.94mg (18.24%), Vitamin K: 15.19µg
(14.47%), Vitamin C: 11.04mg (13.38%), Vitamin B5: 1.31mg (13.14%), Calcium: 101.45mg (10.14%), Folate: 38.58µg
(9.65%)