



Jim Kaczmarek's Chili



Gluten Free



Dairy Free

READY IN



235 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 tablespoons beef bouillon granules
- ☐ 3 pounds beef chuck
- ☐ 1 tablespoon brown sugar
- ☐ 30 ounce pinto beans drained canned
- ☐ 15 ounce tomato sauce canned
- ☐ 5 tablespoons chili powder
- ☐ 5 cloves garlic minced

- ☐ 2 tablespoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 2.5 cups onions chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon salt
- ☐ 29 ounce stewed tomatoes canned

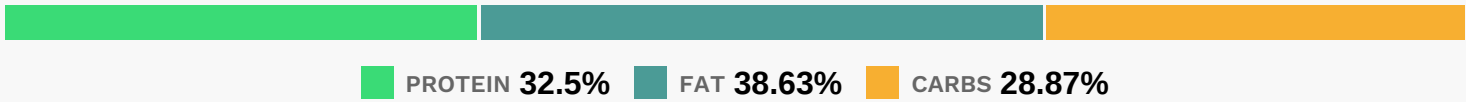
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place meat in freezer until slightly frozen.
- ☐ Cut into 1/4 to 1/2 inch cubes.
- ☐ In a large skillet over medium heat, brown meat until it turns gray. Stir in onions and garlic. Cook until onions are tender, about 5 to 10 minutes.
- ☐ Cut up canned tomatoes, reserving juice; combine in a 6 quart cooking pot with tomato sauce, beer, chili powder, oregano, paprika, cumin, brown sugar, beef base, bay leaves, salt, and pepper. Bring to a slow boil over high heat.
- ☐ Add meat mixture, and reduce heat to low. Simmer, uncovered, for 2 to 3 hours.
- ☐ Mix in pinto beans. Simmer for 1/2 hour longer. Taste, and adjust seasonings if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:23.79869551244%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 326.75kcal (16.34%), Fat: 14.56g (22.39%), Saturated Fat: 6g (37.5%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 17.72g (6.44%), Sugar: 7.37g (8.19%), Cholesterol: 78.31mg (26.1%), Sodium: 1641.26mg (71.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.12%), Zinc: 9.43mg (62.84%), Vitamin B12: 3.11µg (51.87%), Selenium: 25.6µg (36.57%), Iron: 6.33mg (35.18%), Vitamin B6: 0.68mg (34.21%), Phosphorus: 335.89mg (33.59%), Vitamin B3: 6.55mg (32.75%), Vitamin A: 1584.2IU (31.68%), Potassium: 984.74mg (28.14%), Fiber: 6.76g (27.05%), Manganese: 0.53mg (26.51%), Vitamin E: 3.26mg (21.72%), Magnesium: 74.15mg (18.54%), Copper: 0.37mg (18.51%), Vitamin B2: 0.28mg (16.56%), Vitamin C: 11.37mg (13.78%), Vitamin B1: 0.19mg (12.69%), Vitamin K: 12.89µg (12.28%), Calcium: 122.14mg (12.21%), Vitamin B5: 1.09mg (10.85%), Folate: 36.31µg (9.08%)