



Johnny Jalapeno's Thieving Bandit Chili

READY IN



165 min.

SERVINGS



8

CALORIES



1025 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces bacon (use scissors works great)
- 3 cups beef broth
- 7.5 ounce chipotles in adobo chopped fine canned (FOR SUPER FIERY CHILI)
- 14 ounce canned tomatoes diced canned (or Rotel)
- 1 tablespoon ground pepper
- 28 ounce kidney beans undrained (or kidney beans)
- 1 tablespoon chili powder
- 8 servings cornbread
- 4 garlic clove chopped

- 2 lbs ground beef
- 1 tablespoon ground cumin
- 1 teaspoon hot sauce your favorite ()
- 1 tablespoon jalapeno chopped (FOR A MILDER CHILI)
- 1 tablespoon blackstrap molasses
- 1 onion chopped
- 1 tablespoon oregano dried
- 8 servings cheese shredded
- 1 tablespoon paprika smoked (is best)
- 8 servings cream sour
- 6 ounces tomato paste
- 8 servings tortilla chips

Equipment

- dutch oven

Directions

- Over medium heat, brown bacon in a large dutch oven until crisp.
- Add beef, onions, and garlic. Cook, stirring occasionally, until beef is cooked through.
- Add remaining ingredients and stir. Reduce heat to low and cook uncovered for 2–3 hrs, stirring occasionally, until thickened to your liking. Alternatively, you can let simmer for 1 hr, then let cool, refrigerate overnight and finish cooking the next day.

Nutrition Facts



PROTEIN 18.03% FAT 45.81% CARBS 36.16%

Properties

Glycemic Index:41.41, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:39.657826060834%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg

Nutrients (% of daily need)

Calories: 1025.29kcal (51.26%), Fat: 52.77g (81.19%), Saturated Fat: 19.75g (123.46%), Carbohydrates: 93.72g (31.24%), Net Carbohydrates: 77.52g (28.19%), Sugar: 20.2g (22.44%), Cholesterol: 157.95mg (52.65%), Sodium: 1451.36mg (63.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.75g (93.49%), Phosphorus: 821.59mg (82.16%), Fiber: 16.19g (64.77%), Iron: 10.25mg (56.97%), Vitamin B12: 3.4µg (56.63%), Zinc: 8.17mg (54.44%), Selenium: 37.3µg (53.29%), Vitamin B3: 10.06mg (50.28%), Manganese: 0.98mg (48.83%), Folate: 192.89µg (48.22%), Vitamin B6: 0.91mg (45.65%), Potassium: 1466.03mg (41.89%), Calcium: 377.84mg (37.78%), Vitamin A: 1833.71IU (36.67%), Magnesium: 144.19mg (36.05%), Vitamin B2: 0.58mg (34.27%), Vitamin B1: 0.51mg (33.77%), Copper: 0.61mg (30.74%), Vitamin E: 4.55mg (30.31%), Vitamin K: 30.95µg (29.48%), Vitamin B5: 1.94mg (19.4%), Vitamin C: 15.23mg (18.46%), Vitamin D: 0.31µg (2.07%)