



 **71%**  
HEALTH SCORE

## Lean, Mean Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**12**

CALORIES



**452 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.3 cup mild chile powder such as ancho pure
- 0.3 cup medium-hot chile powder such as pasilla pure
- 1 large chipotle chile
- 6 large garlic cloves coarsely chopped
- 1 bell pepper diced green
- 12 servings lime wedges for serving
- 3 large onions diced

- 2 bell peppers diced red
- 12 servings salt and pepper freshly ground
- 10 scallions thinly sliced
- 6 pounds sirloin lean cut into 1/2-inch cubes
- 6 ounces sun-dried tomatoes coarsely chopped
- 3 tablespoons vegetable oil
- 3.5 cups water boiling

## Equipment

- food processor
- bowl
- slotted spoon

## Directions

- In a medium heatproof bowl, cover the sun-dried tomatoes with the boiling water and let soak until softened, about 20 minutes. Using a slotted spoon, transfer the tomatoes to a food processor and puree. Reserve the soaking liquid.
- In a large enameled cast-iron casserole, heat the oil. Season the meat with salt and pepper. Working in batches, brown the meat on all sides in the oil over high heat, then transfer it to a large plate.
- Add 6 of the scallions, the garlic, onions, half of the red bell peppers and all of the green bell pepper to the casserole. Cook over moderate heat, stirring often, until softened, about 10 minutes.
- Add the chile powders and cook, stirring, until fragrant, about 4 minutes.
- Add the sun-dried tomato puree and the reserved soaking liquid, the meat, crushed tomatoes and chipotle chile and stir well.
- Bring the chili to a simmer, then cover partially and cook over low heat, stirring occasionally, until richly flavored, about 2 hours. Season with salt and pepper.
- Transfer the chili to a serving bowl and discard the chipotle.
- Garnish with the remaining 4 scallions and remaining red bell pepper and lime wedges.
- Serve hot.

- ONE SERVING Calories 432 kcal, Total Fat 6 gm, Saturated Fat 4 gm
- Make Ahead: The chili can be refrigerated for up to 2 days.
- Wine Recommendation: Look for a hearty, spicy California Zinfandel, such as the 1996 Ridge Sonoma Station or the 1995 Grgich Hills, to stand up to the heat and smokiness of this intense, tomatoey chili.

## Nutrition Facts

**PROTEIN 47.61%**

**FAT 31.2%**

**CARBS 21.19%**

### Properties

Glycemic Index:19.25, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:44.214347663133%

### Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

### Nutrients (% of daily need)

Calories: 451.56kcal (22.58%), Fat: 16.06g (24.71%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 16.39g (5.96%), Sugar: 12.12g (13.46%), Cholesterol: 138.35mg (46.12%), Sodium: 595.63mg (25.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.14g (110.28%), Vitamin B3: 20.41mg (102.07%), Vitamin B6: 1.87mg (93.29%), Selenium: 61.51µg (87.86%), Vitamin A: 3947.71IU (78.95%), Zinc: 10.47mg (69.77%), Vitamin C: 50.48mg (61.19%), Phosphorus: 590.33mg (59.03%), Potassium: 1796.51mg (51.33%), Vitamin K: 51.81µg (49.34%), Vitamin B12: 2.7µg (44.98%), Iron: 7.93mg (44.06%), Vitamin E: 6.03mg (40.2%), Manganese: 0.71mg (35.32%), Fiber: 8.14g (32.56%), Copper: 0.64mg (31.78%), Magnesium: 117.83mg (29.46%), Vitamin B2: 0.48mg (28.16%), Vitamin B1: 0.33mg (21.99%), Vitamin B5: 2.18mg (21.83%), Folate: 74.25µg (18.56%), Calcium: 157.56mg (15.76%), Vitamin D: 0.23µg (1.51%)