



Lightning Chili and Rice

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups beef consomme
- 1 teaspoon pepper black
- 2 cups brown rice
- 2 tablespoons butter
- 32 ounce kidney beans canned
- 29 ounce canned tomatoes diced canned
- 1 tablespoon chili powder
- 1 tablespoon cilantro leaves fresh finely minced for garnish

- 1 tablespoon parsley leaves fresh finely minced for garnish
- 2 teaspoons garlic chopped
- 2 pounds ground beef
- 2 teaspoons ground cumin
- 2 tablespoons hot sauce (recommended: Tabasco)
- 2 jalapeño peppers hot chopped (use gloves, avoid breathing fumes, and protect your eyes when handling these and all peppers)
- 1 large onion finely chopped
- 2 teaspoons salt
- 2 tablespoons tomato paste
- 3 tablespoons vegetable oil

Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a skillet and saute onions until translucent.
- Add garlic and saute until it begins to turn golden brown, being careful not to burn it. Stir in hot peppers and cook until they begin to soften.
- Add ground beef and cook until browned.
- Drain off any fat. Season with cumin, chili powder, salt, and pepper.
- Add tomato paste, hot sauce, beans, tomatoes, parsley and cilantro and simmer 30 minutes.
- While chili is simmering, bring consomme to a boil in a large saucepan. Stir in rice and butter and return to a boil. Reduce heat to low, cover and simmer 20 minutes without removing lid.
- Remove from heat and let sit 5 minutes.
- Spoon rice onto serving plate and top with chili and garnish with parsley and cilantro.

Nutrition Facts



■ PROTEIN 19.06% ■ FAT 43.43% ■ CARBS 37.51%

Properties

Glycemic Index:54.22, Glycemic Load:28.84, Inflammation Score:-8, Nutrition Score:32.140869461972%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 682.08kcal (34.1%), Fat: 33.18g (51.05%), Saturated Fat: 11.84g (74.01%), Carbohydrates: 64.49g (21.5%), Net Carbohydrates: 53.83g (19.57%), Sugar: 8.19g (9.1%), Cholesterol: 88.04mg (29.35%), Sodium: 1690.18mg (73.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.55%), Manganese: 2.44mg (122.06%), Vitamin B3: 9.95mg (49.73%), Phosphorus: 491.47mg (49.15%), Vitamin B6: 0.95mg (47.48%), Zinc: 6.83mg (45.56%), Fiber: 10.67g (42.66%), Vitamin B12: 2.52µg (41.94%), Magnesium: 152.7mg (38.18%), Iron: 6.78mg (37.64%), Potassium: 1214.27mg (34.69%), Vitamin K: 32.88µg (31.31%), Vitamin B1: 0.47mg (31.08%), Copper: 0.6mg (30.06%), Selenium: 20.42µg (29.17%), Vitamin C: 20.17mg (24.44%), Vitamin B2: 0.37mg (21.96%), Vitamin E: 2.98mg (19.88%), Vitamin B5: 1.8mg (18.02%), Folate: 69.15µg (17.29%), Vitamin A: 762.56IU (15.25%), Calcium: 129.89mg (12.99%)