



Mean Old Chili



Gluten Free



Dairy Free

READY IN



555 min.

SERVINGS



8

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds beef chuck cubed
- ☐ 1 teaspoon pepper black
- ☐ 15.5 ounce pinto beans drained canned
- ☐ 1 tablespoon chili powder to taste
- ☐ 0.5 pound chilies fresh hot
- ☐ 1 teaspoon basil dried
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 1 bell pepper red cut into 1 inch pieces
- ☐ 1 teaspoon pepper flakes red to taste
- ☐ 2 cups tomatoes fresh chopped
- ☐ 1 teaspoon distilled vinegar white
- ☐ 0.3 cup worcestershire sauce

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ In a glass baking pan, stir together the Worcestershire sauce, garlic, 2 tablespoons red pepper flakes, vinegar, oregano, basil, black pepper and olive oil.
- ☐ Place the meat into the sauce; cover and marinate overnight in the refrigerator.
- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Remove meat from the marinade, and discard marinade. Thread the marinated beef, chili peppers, and red bell pepper onto skewers.
- ☐ Grill the skewers about 4 to 6 minutes on each side, or until the meat is of the desired doneness.
- ☐ Place a large saucepan or Dutch oven over medium heat.
- ☐ Remove meat and peppers from skewers, and place them in the pan. Season with chili powder, and stir in tomatoes and pinto beans.
- ☐ Sprinkle in the remaining red pepper flakes.

Nutrition Facts



 **PROTEIN 33.27%**  **FAT 49.59%**  **CARBS 17.14%**

Properties

Glycemic Index:34.63, Glycemic Load:4.18, Inflammation Score:-9, Nutrition Score:26.830434692943%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 365.43kcal (18.27%), Fat: 20.53g (31.58%), Saturated Fat: 7.77g (48.54%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 11.6g (4.22%), Sugar: 4.63g (5.15%), Cholesterol: 97.81mg (32.6%), Sodium: 399.6mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.98%), Vitamin C: 66.52mg (80.63%), Zinc: 11.23mg (74.9%), Vitamin B12: 3.87µg (64.5%), Selenium: 29.74µg (42.48%), Vitamin B6: 0.84mg (41.8%), Vitamin B3: 7.22mg (36.12%), Phosphorus: 354.05mg (35.4%), Vitamin A: 1448.34IU (28.97%), Iron: 5.14mg (28.55%), Potassium: 937.59mg (26.79%), Manganese: 0.39mg (19.27%), Vitamin K: 18.55µg (17.66%), Fiber: 4.37g (17.48%), Vitamin B2: 0.28mg (16.77%), Magnesium: 62.53mg (15.63%), Vitamin E: 2.26mg (15.09%), Copper: 0.27mg (13.75%), Vitamin B1: 0.17mg (11.67%), Vitamin B5: 1.1mg (11.03%), Folate: 38.46µg (9.61%), Calcium: 80.62mg (8.06%)