



Mexican Black Bean Sausage Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ancho chili powder
- ☐ 0.5 teaspoon pepper black
- ☐ 60 ounce black beans divided rinsed drained canned
- ☐ 3 chipotle chiles in adobo sauce canned minced
- ☐ 0.3 cup cilantro leaves divided very finely chopped
- ☐ 3 tablespoons cooking wine dry red
- ☐ 3 cups less-sodium chicken broth fat-free divided
- ☐ 1 tablespoon garlic finely minced

- ☐ 2 tablespoons garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 pound ground pork lean
- ☐ 0.8 pound ground turkey breast
- ☐ 1.5 tablespoons hungarian paprika sweet
- ☐ 1 Dash kosher salt
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 29 ounce no salt-added tomatoes diced drained canned
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion diced (2 medium)
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 teaspoons oregano dried
- ☐ 2 tablespoons sherry vinegar
- ☐ 3 cups water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

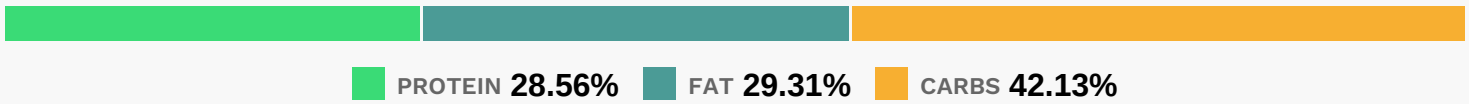
Directions

- ☐ To prepare sausage, combine first 12 ingredients in a large bowl. Cover and refrigerate overnight.
- ☐ To prepare chili, heat oil in a large saucepan over medium-high heat.
- ☐ Add sausage mixture; cook 7 minutes or until browned, stirring to crumble.

- ☐
- Add onion, 1 tablespoon cumin, 1 tablespoon garlic, 2 teaspoons oregano, and chiles; cook 4 minutes or until onion is tender.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:39.334782838821%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 596.77kcal (29.84%), Fat: 19.75g (30.39%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 63.86g (21.29%), Net Carbohydrates: 39.68g (14.43%), Sugar: 6.7g (7.45%), Cholesterol: 72.01mg (24%), Sodium: 1658.13mg (72.09%), Alcohol: 0.79g (100%), Alcohol %: 0.12% (100%), Protein: 43.3g (86.61%), Fiber: 24.18g (96.72%), Vitamin B1: 0.97mg (64.67%), Phosphorus: 612.67mg (61.27%), Vitamin B6: 1.21mg (60.59%), Vitamin B3: 11.8mg (59%), Iron: 9.96mg (55.33%), Manganese: 1.08mg (53.99%), Folate: 207.26µg (51.81%), Selenium: 34.05µg (48.65%), Potassium: 1697.55mg (48.5%), Magnesium: 163.42mg (40.85%), Copper: 0.82mg (40.75%), Vitamin B2: 0.69mg (40.64%), Vitamin C: 29.4mg (35.63%), Zinc: 4.35mg (29.02%), Vitamin A: 1333.26IU (26.67%), Calcium: 214.99mg (21.5%), Vitamin B5: 1.86mg (18.63%), Vitamin E: 2.66mg (17.72%), Vitamin K: 16.83µg (16.03%), Vitamin B12: 0.91µg (15.22%), Vitamin D: 0.23µg (1.51%)