



Mighty Matt's Kick-Butt Chili

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 45 ounce pinto beans drained canned
- 8 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 2 teaspoons cayenne pepper
- 0.3 cup chili powder
- 3 cloves garlic minced
- 1 tablespoon ground cumin
- 1 teaspoon ground pepper black

- 2 pounds ground beef lean
- 2 tablespoons olive oil
- 1 large onion finely chopped
- 2 teaspoons mexican oregano dried
- 2 teaspoons salt
- 2.5 cups water
- 1 tablespoon sugar white

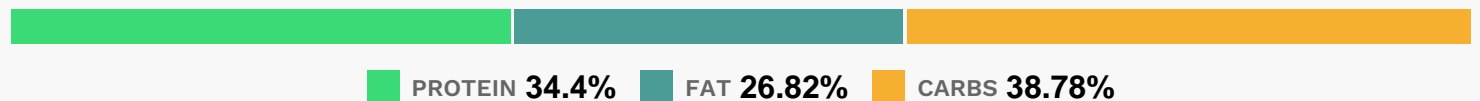
Equipment

- sauce pan

Directions

- Heat the olive oil in a large saucepan over high heat. Stir in the onion and garlic; cook and stir just until you start to smell the garlic, 2–3 minutes.
- Add the ground beef and cook, stirring frequently, until crumbly and no longer pink, about 5 minutes.
- Remove from heat and stir in the tomato sauce, tomatoes, and water. Season with the chili powder, cumin, salt, black pepper, oregano, cayenne, and sugar.
- Place the mixture over medium heat and bring to a boil. Reduce heat to low, cover and simmer for about 1 hour.
- Remove the cover and stir in the beans. Replace the cover and continue cooking until fully heated through, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:31.817391260811%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 389.41kcal (19.47%), Fat: 12.01g (18.48%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 26.09g (9.49%), Sugar: 8g (8.89%), Cholesterol: 70.31mg (23.44%), Sodium: 1453.76mg (63.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.67g (69.33%), Vitamin A: 3384IU (67.68%), Fiber: 13g (52%), Zinc: 7.41mg (49.39%), Manganese: 0.95mg (47.34%), Iron: 8.52mg (47.32%), Vitamin B6: 0.93mg (46.59%), Vitamin E: 6.81mg (45.42%), Vitamin B3: 8.84mg (44.22%), Phosphorus: 438.41mg (43.84%), Vitamin B12: 2.54µg (42.34%), Potassium: 1324.64mg (37.85%), Selenium: 22.6µg (32.29%), Copper: 0.61mg (30.44%), Magnesium: 114.98mg (28.75%), Vitamin K: 23.79µg (22.65%), Vitamin B2: 0.36mg (21.33%), Calcium: 164.92mg (16.49%), Folate: 61.36µg (15.34%), Vitamin B1: 0.22mg (14.52%), Vitamin B5: 1.3mg (13.01%), Vitamin C: 10.09mg (12.23%)