



Mole Chili

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ancho chiles stemmed seeded
- 4 slices smoky bacon lean chopped
- 1 quart beef stock
- 6 servings pepper black freshly ground
- 15 ounce canned tomatoes diced canned
- 1 tablespoon coriander
- 4 cloves garlic finely chopped
- 0.5 teaspoon ground cinnamon

- 2 pounds ground sirloin
- 1 large onion finely chopped
- 1 small onion red finely chopped
- 6 servings salt
- 2 tablespoons paprika smoked sweet for mild mole, or chili powder for spicy mole, a couple of palmfuls
- 2 tablespoons tomato paste
- 2 tablespoons cocoa powder unsweetened
- 1 tablespoon vegetable oil
- 2 cups cheddar shredded white extra-sharp crumbled

Equipment

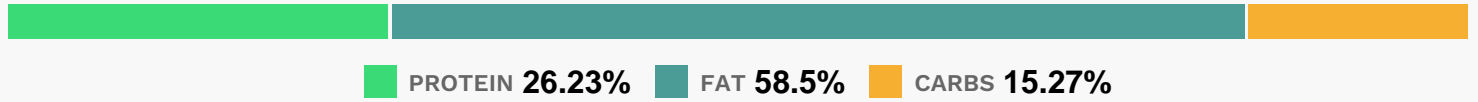
- food processor
- bowl
- frying pan
- pot
- dutch oven

Directions

- Watch how to make this recipe.
- Hot pickled vegetables, drained and chopped (recommended: Giardiniara), for serving
- Put the chiles in a pot with the stock and bring to a boil over medium heat. Then lower heat to a simmer until softened, about 10 minutes.
- Meanwhile, heat the oil, 1 turn of the pan, over medium-high heat in a large Dutch oven or soup pot. When the oil smokes, add the bacon and cook until crispy, about 2 to 3 minutes.
- Add the meat, raise the heat to high and brown for 8 minutes. Lower the heat a bit, add the onions and garlic and cook for 5 to 6 minutes to soften. Season the meat and onions with black pepper, to taste, (hold off on the salt until the chili is completed due to the addition of the bacon and the stock).
- Add the anchos with the stock to a food processor and puree until smooth. Set aside.

- Add the tomato paste to the meat mixture, stir 1 minute, then pour in the ancho stock. Stir in the tomatoes, spices, cocoa and cinnamon. Simmer for a few minutes, adjust the seasoning and add a touch of salt, if needed.
- Serve the chili in shallow bowls topped with cheese, raw red onions, and spicy chopped vegetables.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:34.406521890474%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

Nutrients (% of daily need)

Calories: 689.2kcal (34.46%), Fat: 45.35g (69.76%), Saturated Fat: 18.81g (117.54%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 18.52g (6.74%), Sugar: 12.58g (13.98%), Cholesterol: 150.16mg (50.05%), Sodium: 1120.59mg (48.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.83mg (1.28%), Protein: 45.75g (91.5%), Vitamin A: 6538.92IU (130.78%), Vitamin B12: 3.75µg (62.56%), Zinc: 9.13mg (60.84%), Selenium: 41.18µg (58.83%), Phosphorus: 568.81mg (56.88%), Vitamin B3: 11.03mg (55.17%), Vitamin B2: 0.82mg (48.08%), Vitamin B6: 0.96mg (47.88%), Potassium: 1329.45mg (37.98%), Calcium: 356.73mg (35.67%), Iron: 6.18mg (34.34%), Fiber: 8.11g (32.45%), Vitamin K: 29.28µg (27.89%), Magnesium: 85.42mg (21.36%), Manganese: 0.41mg (20.67%), Copper: 0.36mg (18.15%), Vitamin E: 2.58mg (17.22%), Vitamin B1: 0.22mg (14.5%), Vitamin C: 11.81mg (14.32%), Vitamin B5: 1.37mg (13.72%), Folate: 39.74µg (9.93%), Vitamin D: 0.44µg (2.91%)