



MVP Chili



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



7

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces beef stock
- ☐ 15.3 ounce black beans drained and rinsed canned
- ☐ 16 ounce kidney beans red drained and rinsed canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 tablespoon chili powder to taste
- ☐ 0.3 teaspoon cumin
- ☐ 3 garlic cloves minced
- ☐ 1 large onion diced

- ☐ 7 servings salt and pepper to taste
- ☐ 38 ounce mild sausage links italian hot johnsonville®
- ☐ 2 tablespoons tomato paste
- ☐ 1.5 cups kernel corn fresh whole

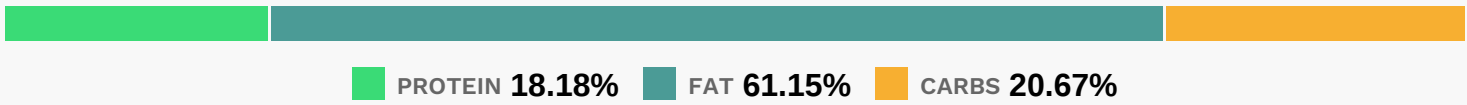
Equipment

- ☐ dutch oven

Directions

- ☐ In a soup kettle or Dutch oven, cook sausage over medium heat until no longer pink and lightly browned.
- ☐ Add onions and garlic; continue to cook and stir until tender.
- ☐ Stir in beer and allow to simmer for 5 minutes.
- ☐ Add tomatoes and tomato paste, cook uncovered for 8 to 10 minutes. Stir in remaining ingredients and heat through. Salt and pepper to taste.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:6.68, Inflammation Score:-7, Nutrition Score:28.632173911385%

Flavonoids

Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 725.29kcal (36.26%), Fat: 49.68g (76.43%), Saturated Fat: 17.61g (110.09%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 26.93g (9.79%), Sugar: 8.01g (8.9%), Cholesterol: 116.96mg (38.99%), Sodium: 2076.19mg (90.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.47%), Vitamin B1: 1.15mg (76.91%), Selenium: 41.72µg (59.59%), Phosphorus: 434.22mg (43.42%), Fiber: 10.83g (43.34%), Vitamin B6: 0.82mg (41.01%), Vitamin B3: 8.08mg (40.38%), Potassium: 1313.91mg (37.54%), Manganese: 0.73mg (36.63%), Iron: 5.93mg

(32.92%), Copper: 0.62mg (30.99%), Vitamin B2: 0.51mg (29.96%), Zinc: 4.1mg (27.35%), Magnesium: 98.57mg (24.64%), Folate: 96.85µg (24.21%), Vitamin B12: 1.4µg (23.34%), Vitamin C: 19.24mg (23.33%), Vitamin E: 2.08mg (13.84%), Vitamin B5: 1.35mg (13.49%), Vitamin A: 656.3IU (13.13%), Calcium: 124.65mg (12.47%), Vitamin K: 10.56µg (10.05%)