



Nacho Topped Chili Pot



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 12 ounce beer (recommended: Negra Modela)
- ☐ 6 servings pepper black freshly ground
- ☐ 1 fresno chile red
- ☐ 2 tablespoons chile powder (recommended: Gebhardt's)
- ☐ 1 tablespoon coriander
- ☐ 1 bag tortilla chips (recommended: Xochitl)
- ☐ 1 tablespoon cumin

- ☐ 4 cloves garlic finely chopped
- ☐ 2 pounds ground sirloin
- ☐ 2 large jalapeño peppers
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion finely chopped
- ☐ 1 small can jar pickled jalapenos
- ☐ 4 poblano peppers
- ☐ 16 ounce vegetarian spicy refried beans canned
- ☐ 1 tablespoon paprika smoked sweet
- ☐ 0.3 cup tomato paste
- ☐ 2 cups combo of any of the above shredded yellow soft
- ☐ 2 cups combo of any of the above shredded yellow soft

Equipment

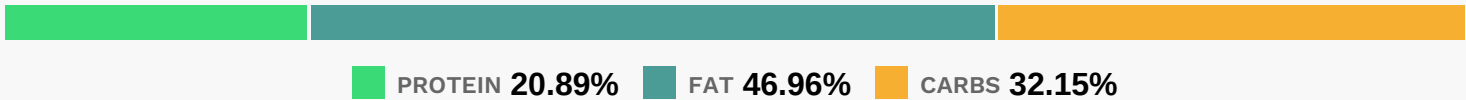
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ broiler
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Char the poblano peppers and 2 large jalapenos over an open flame on stovetop or under a hot broiler with oven door left slightly ajar for steam to escape.
- ☐ Place the charred peppers in a bowl and cover with plastic wrap until cool enough to handle. Peel the peppers and seed them. Chop and puree into coarse sauce in food processor.

- ☐
- Meanwhile, heat 2 turns of the pan extra-virgin olive oil over medium-high heat in a chili pot.
- ☐
- Add the meat and brown well.
- ☐
- Add the onions, garlic, salt, pepper, cumin, coriander, paprika, and chile powder. Cook to soften onions a few minutes then stir in tomato paste. After 1 minute, add the beer and cook off another minute or two, stir in the stock and heat through. Stir the peppers into the chili and simmer a few minutes for the flavors to combine. Cool completely and store for make-ahead meal.
- ☐
- Place in a covered pot over moderate heat until heated through, stirring occasionally. Meanwhile, thin the refried beans with a splash of water and heat in a small pan over medium heat. Turn on the broiler and place the rack in the middle of the oven. When the chili is hot, uncover and top with tortillas. Dot the tortillas with beans and cover the entire layer of tortillas with cheese, place under the broiler until lightly browned and cheese has melted. Thinly slice fresh Fresno pepper.
- ☐
- Garnish Nacho Chili with sliced fresh Fresno pepper and drained pickled jalapeno peppers.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:4.8, Inflammation Score:-10, Nutrition Score:36.358695600344%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 768.69kcal (38.43%), Fat: 39.71g (61.09%), Saturated Fat: 11.24g (70.23%), Carbohydrates: 61.16g (20.39%), Net Carbohydrates: 49.74g (18.09%), Sugar: 9.18g (10.2%), Cholesterol: 102.81mg (34.27%), Sodium: 1949.19mg (84.75%), Alcohol: 2.21g (100%), Alcohol %: 0.46% (100%), Protein: 39.75g (79.5%), Vitamin C: 90.75mg (110%), Vitamin A: 2993.08IU (59.86%), Vitamin B6: 1.19mg (59.64%), Zinc: 8.3mg (55.34%), Vitamin B12: 3.29µg (54.87%), Vitamin B3: 10.07mg (50.34%), Phosphorus: 474.63mg (47.46%), Fiber: 11.42g (45.68%), Iron: 8.1mg (45%), Selenium: 29.42µg (42.02%), Vitamin E: 5.84mg (38.94%), Potassium: 1241.02mg (35.46%), Vitamin K:

36.34µg (34.61%), Magnesium: 116.1mg (29.02%), Vitamin B2: 0.48mg (27.95%), Copper: 0.44mg (22.1%),
Manganese: 0.41mg (20.43%), Vitamin B5: 1.92mg (19.25%), Vitamin B1: 0.28mg (18.74%), Calcium: 168.43mg
(16.84%), Folate: 46.74µg (11.69%), Vitamin D: 0.15µg (1.01%)