






 **61%**
HEALTH SCORE

Nava's A Big Pot of Really Good Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

50 min.

SERVINGS

12

CALORIES

262 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 84 ounce beans drained and rinsed canned (try a combination of pinto, pink, and black beans)
- 16 ounce tomato sauce canned
- 28 ounce canned tomatoes diced with liquid canned
- 1 tablespoon chili powder
- 12 servings cilantro leaves chopped for garnish
- 4 cloves garlic minced
- 1 medium bell pepper diced green
- 2 teaspoons ground cumin

- 1 chilis green hot minced seeded chopped canned
- 2 tablespoons olive oil extra virgin extra-virgin (I omitted this)
- 2 medium onion finely chopped
- 2 teaspoons oregano dried
- 1 medium bell pepper diced red
- 12 servings salt and pepper freshly ground to taste
- 12 servings tomatoes ripe chopped for garnish
- 1 Tbs cocoa powder unsweetened

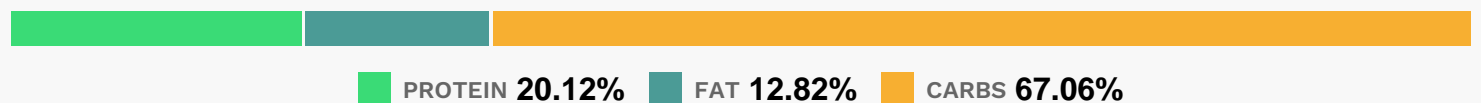
Equipment

- bowl
- pot

Directions

- Heat the oil in a large soup pot.
- Add the onion sauté over medium-low heat until translucent.
- Add the garlic and sauté until the onion is golden.
- Add the remaining ingredients except the last three. Bring to a simmer, then cover and simmer gently for 30 minutes, stirring occasionally, until the peppers are tender and the flavors have melded. Season with salt and pepper, and adjust the other seasonings. If time allows, let the chili stand for up to several hours before serving.
- Heat through as needed. The chili should be nice and thick; if it has gotten too thick, stir in a cup of water.
- Serve in individual bowls, garnished with tomatoes and cilantro.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:14.31, Inflammation Score:-10, Nutrition Score:25.5086953329%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 262.47kcal (13.12%), Fat: 4.02g (6.19%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 47.34g (15.78%), Net Carbohydrates: 31.55g (11.47%), Sugar: 14.18g (15.76%), Cholesterol: 0mg (0%), Sodium: 990.99mg (43.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin C: 57.41mg (69.59%), Fiber: 15.79g (63.16%), Manganese: 1.07mg (53.25%), Vitamin A: 2367.35IU (47.35%), Potassium: 1348.38mg (38.53%), Vitamin K: 32.75µg (31.19%), Copper: 0.61mg (30.5%), Phosphorus: 303.85mg (30.39%), Vitamin B6: 0.54mg (27.21%), Iron: 4.86mg (27%), Magnesium: 107.89mg (26.97%), Folate: 100.93µg (25.23%), Vitamin B1: 0.36mg (24.12%), Vitamin E: 3.25mg (21.64%), Vitamin B3: 3.52mg (17.62%), Vitamin B2: 0.25mg (14.93%), Zinc: 1.96mg (13.09%), Calcium: 122.49mg (12.25%), Vitamin B5: 0.8mg (7.99%), Selenium: 3.28µg (4.69%)