



No Bean Beef Chili

 Gluten Free

READY IN



320 min.

SERVINGS



4

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck cut into 1/2-inch cubes
- 28 canned tomatoes chopped canned
- 2 tablespoons canola oil
- 1 tablespoon chile powder divided
- 1 tablespoon garlic chopped
- 0.3 teaspoon ground cinnamon
- 1 teaspoon hot sauce
- 1 small jalapeño chopped

- 4 servings kosher salt and pepper black freshly ground
- 1 teaspoon juice of lime
- 2 medium onions chopped
- 0.3 teaspoon pepper flakes red crushed
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Put a large heavy-bottomed skillet over medium-high heat and add the oil. Working in batches, add the beef to the skillet, season with salt and pepper, and cook until it is well browned, 10 to 15 minutes.
- To the slow cooker sleeve, add the onions, jalapenos, 1 tablespoon chile powder, cinnamon, red pepper flakes, garlic, and strained tomatoes (reserve the juice).
- Add the seared beef to the slow cooker.
- Pour the reserved tomato juice into the skillet, scrape up any browned bits, and pour into the slow cooker. Cover the slow cooker and cook on low for 4 to 6 hours.
- In a small bowl, combine the sour cream, remaining 1 teaspoon chile powder, lime juice, and hot sauce and mix until well blended. Keep covered in the refrigerator until the chili is done and ready to serve.
- Taste and adjust the seasoning. (Reserve 2 cups for the Round 2 Recipe Beef and Bean Burritos).
- Serve garnished with the sour cream mixture.

Nutrition Facts

 **PROTEIN 34.71%**  **FAT 60.53%**  **CARBS 4.76%**

Properties

Glycemic Index:41, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:35.416086943253%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 766.36kcal (38.32%), Fat: 52.04g (80.06%), Saturated Fat: 20.66g (129.11%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 7.16g (2.61%), Sugar: 3.97g (4.42%), Cholesterol: 251.7mg (83.9%), Sodium: 357.69mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.14g (134.28%), Zinc: 25.91mg (172.77%), Vitamin B12: 9.35µg (155.79%), Selenium: 72.2µg (103.15%), Vitamin B3: 15.2mg (75.99%), Vitamin B6: 1.48mg (73.89%), Phosphorus: 693.88mg (69.39%), Iron: 7.74mg (42.99%), Potassium: 1329.1mg (37.97%), Vitamin B2: 0.59mg (34.47%), Vitamin B5: 2.32mg (23.19%), Vitamin E: 3.02mg (20.16%), Magnesium: 79mg (19.75%), Vitamin A: 910.62IU (18.21%), Vitamin B1: 0.27mg (18.16%), Copper: 0.28mg (13.91%), Vitamin K: 14.28µg (13.6%), Vitamin C: 10.89mg (13.2%), Calcium: 114.9mg (11.49%), Manganese: 0.23mg (11.46%), Fiber: 2.05g (8.19%), Folate: 25.1µg (6.28%), Vitamin D: 0.34µg (2.27%)