





## Pat's Famous Beef and Pork Chili

 **Gluten Free**  **Very Healthy**  **Popular**

READY IN



120 min.

SERVINGS



6

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound percent ground beef lean
- 6 slices applewood bacon smoked thick-cut cut into 1/2-inch pieces
- 1 cup beer (recommended: Budweiser)
- 15 ounce black beans drained and rinsed canned
- 15 ounce kidney beans drained and rinsed canned
- 24 ounce canned tomatoes crushed canned
- 24 ounce canned tomatoes diced with juice canned
- 3 tablespoons chili powder

- 1 tablespoon chipotle chili powder
- 4 cloves garlic finely chopped
- 1 tablespoon ground cumin
- 1 pound ground pork
- 6 servings lime wedges for garnish
- 2 medium onions finely chopped
- 2 teaspoons oregano dried
- 1 bell pepper red chopped
- 6 servings salt and pepper black freshly ground
- 6 servings scallions sliced for garnish
- 6 servings cheddar shredded for garnish
- 1 tablespoon paprika smoked
- 6 servings cup heavy whipping cream sour for garnish
- 1 bell pepper yellow chopped

## Equipment

- bowl
- wooden spoon
- dutch oven

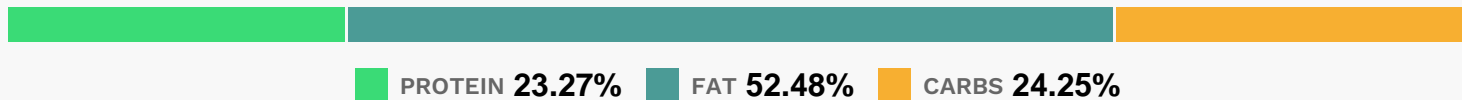
## Directions

- Watch how to make this recipe.
- In large heavy-bottomed Dutch oven, cook the bacon over medium heat until lightly crisp, stirring occasionally. Once the bacon is browned, add the garlic, onions, bell peppers, chili powder, cumin, chipotle chili powder, oregano, and smoked paprika and season with salt and pepper, to taste. Cook until the vegetables are tender and seasonings are aromatic.
- Add the beef and break it up with a wooden spoon. Once beef is broken up and beginning to brown, add the pork. Break up with wooden spoon like the beef, and brown, until no longer pink, roughly 4 minutes. Stir in the beer and beans. Toss together, then add the crushed and diced tomatoes. Turn the heat down to low and simmer for 1 1/2 hours. Taste for seasoning

and add salt and pepper, if necessary.

- Transfer the chili to serving bowls and garnish with lime wedges, sour cream, shredded cheese, and sliced scallions.

## Nutrition Facts



### Properties

Glycemic Index:67.58, Glycemic Load:10.3, Inflammation Score:-10, Nutrition Score:51.180869351263%

### Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 865.13kcal (43.26%), Fat: 51.04g (78.53%), Saturated Fat: 20.7g (129.36%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 36g (13.09%), Sugar: 14.92g (16.57%), Cholesterol: 157.44mg (52.48%), Sodium: 1286.43mg (55.93%), Alcohol: 1.53g (100%), Alcohol %: 0.27% (100%), Protein: 50.92g (101.84%), Vitamin C: 90.66mg (109.89%), Vitamin A: 3781.67IU (75.63%), Phosphorus: 721.33mg (72.13%), Vitamin B1: 1.07mg (71.26%), Vitamin B6: 1.4mg (70.07%), Selenium: 49.03µg (70.04%), Fiber: 17.08g (68.31%), Vitamin B3: 12.74mg (63.72%), Manganese: 1.14mg (56.79%), Zinc: 8.43mg (56.19%), Iron: 10.05mg (55.84%), Potassium: 1920.58mg (54.87%), Vitamin B2: 0.83mg (49.03%), Copper: 0.89mg (44.48%), Vitamin B12: 2.63µg (43.85%), Calcium: 432.23mg (43.22%), Vitamin E: 6.38mg (42.54%), Magnesium: 159.54mg (39.88%), Vitamin K: 41.32µg (39.36%), Folate: 137.83µg (34.46%), Vitamin B5: 2.32mg (23.2%), Vitamin D: 0.34µg (2.29%)