



Poblano-Jalapeño Chili

 Gluten Free

READY IN



64 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer (such as Corona)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 8 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 pounds ground sirloin

- ☐ 2 jalapeno
- ☐ 30 ounce kidney beans rinsed drained canned
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 cup beef broth fat-free
- ☐ 2.5 cups tomatoes (such as McCutcheon's)
- ☐ 3 cups onion chopped (1 large)
- ☐ 1 cup poblano pepper seeded chopped (2 large)
- ☐ 3 ounces sharp cheddar cheese shredded packed ()
- ☐ 0.5 cup cream light sour

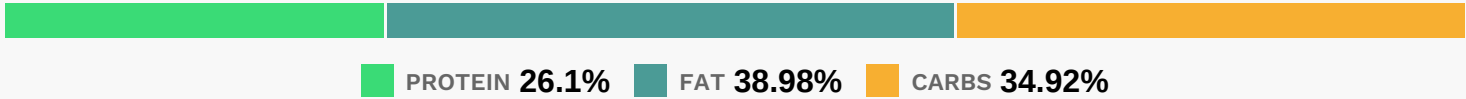
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef; cook 10 minutes or until browned, stirring to crumble.
- ☐ Remove beef from pan; drain. Wipe pan clean.
- ☐ Remove and discard seeds and membranes from 1 jalapeo; finely chop both jalapeos.
- ☐ Heat pan over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add jalapeos, onion, poblano, and garlic; saut 10 minutes or until onion is tender.
- ☐ Add beer; scrape pan to loosen browned bits. Cook 12 minutes or until half of liquid evaporates.
- ☐ Add chili powder, cumin, and salt; cook for 1 minute, stirring frequently. Stir in beef, marinara, broth, beans, and tomatoes; bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until slightly thickened. Ladle about 1 1/2 cups chili into each of 8 bowls; top each serving with 1 1/2 tablespoons cheese, 1 tablespoon sour cream, and 1 1/2 teaspoons cilantro.

Nutrition Facts



Properties

Glycemic Index:34.97, Glycemic Load:8.74, Inflammation Score:-9, Nutrition Score:27.003043366515%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 484.17kcal (24.21%), Fat: 20.76g (31.93%), Saturated Fat: 8.29g (51.8%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 30.52g (11.1%), Sugar: 7.57g (8.41%), Cholesterol: 73.5mg (24.5%), Sodium: 877.3mg (38.14%), Alcohol: 1.66g (100%), Alcohol %: 0.42% (100%), Protein: 31.27g (62.55%), Fiber: 11.31g (45.24%), Folate: 171.49µg (42.87%), Phosphorus: 413.65mg (41.37%), Manganese: 0.79mg (39.39%), Vitamin C: 32.36mg (39.23%), Zinc: 5.81mg (38.75%), Iron: 6.63mg (36.85%), Vitamin B6: 0.72mg (35.78%), Potassium: 1186.62mg (33.9%), Vitamin B12: 2.03µg (33.79%), Vitamin B3: 5.92mg (29.62%), Selenium: 19.85µg (28.36%), Copper: 0.47mg (23.55%), Magnesium: 93.63mg (23.41%), Vitamin A: 1133.84IU (22.68%), Vitamin B2: 0.35mg (20.83%), Calcium: 194.56mg (19.46%), Vitamin B1: 0.29mg (19.06%), Vitamin K: 18.7µg (17.81%), Vitamin E: 2.49mg (16.62%), Vitamin B5: 1.13mg (11.32%), Vitamin D: 0.18µg (1.18%)