



Pools Brew Red Chili

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 teaspoons beef bouillon from cube
- ☐ 1.5 teaspoons chicken bouillon
- ☐ 2.3 tablespoons chili powder
- ☐ 2.3 tablespoons chili powder texas-style
- ☐ 2.3 teaspoons new mexico chili powder
- ☐ 2.3 teaspoons new mexico chili powder light
- ☐ 3 teaspoons chili powder texas-style
- ☐ 0.3 teaspoon garlic powder

- ☐ 0.8 teaspoon garlic powder
- ☐ 1.5 teaspoons garlic powder
- ☐ 2.3 teaspoons ground new mexico chile pepper
- ☐ 2.3 teaspoons ground new mexico chile pepper hot
- ☐ 1.5 tablespoons ground cumin
- ☐ 1.5 teaspoons ground cumin
- ☐ 3 cups beef broth low-sodium
- ☐ 3 cups chicken broth low-sodium
- ☐ 2 teaspoons onion powder
- ☐ 1.5 tablespoons paprika
- ☐ 3 prune- cut to pieces pitted
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1.5 cups tomato sauce
- ☐ 3.5 pounds tri-tip roast fat trimmed cut into 1-inch cubes (excess)
- ☐ 3 tablespoons vegetable shortening

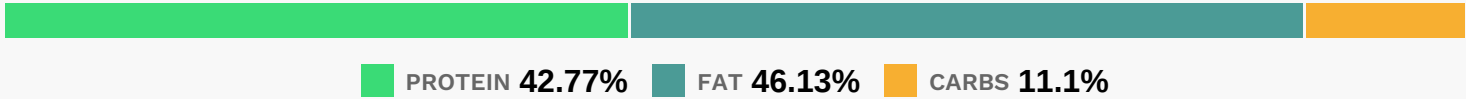
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Melt the shortening in a large wide pot over medium heat. Working in batches, add the beef and cook until browned on all sides, about 5 minutes.
- ☐ Transfer to a colander to drain, then rinse with water and return to the pot.
- ☐ Add the beef broth, chicken broth, tomato sauce, prunes, 10 cups water and Spice Group 1 to the pot. Bring to a boil, then reduce the heat to medium and cook, stirring occasionally, until the meat is tender, about 2 1/2 hours.
- ☐ Stir in Spice Group 2 and cook 15 minutes, then stir in Spice Group 3 and cook 15 more minutes. Season with salt and add Tabasco sauce to taste.
- ☐ Photograph by Ryan Dausch

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:28.965652424356%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 429.25kcal (21.46%), Fat: 22.32g (34.33%), Saturated Fat: 7.22g (45.14%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 7.74g (2.81%), Sugar: 3.95g (4.38%), Cholesterol: 128.99mg (43%), Sodium: 798mg (34.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.56g (93.12%), Selenium: 50.12µg (71.6%), Vitamin B6: 1.4mg (70.19%), Vitamin B3: 13.78mg (68.9%), Vitamin A: 3117.46IU (62.35%), Zinc: 7.73mg (51.54%), Phosphorus: 466.39mg (46.64%), Potassium: 1277.2mg (36.49%), Iron: 6.31mg (35.05%), Vitamin B12: 2.03µg (33.91%), Vitamin E: 4.89mg (32.58%), Vitamin B2: 0.38mg (22.32%), Copper: 0.36mg (17.94%), Magnesium: 71.33mg (17.83%), Fiber: 4.34g (17.36%), Vitamin K: 17.54µg (16.7%), Manganese: 0.29mg (14.74%), Vitamin B5: 1.46mg (14.62%), Vitamin B1: 0.2mg (13.31%), Calcium: 103.9mg (10.39%), Folate: 29.81µg (7.45%), Vitamin C: 3.55mg (4.3%)