



Ranch Chili

 Dairy Free

READY IN



225 min.

SERVINGS



6

CALORIES



891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces bacon chopped
- 4 pounds beef chuck
- 6 pepper flakes dried (5 in. long,)
- 16 oz beer dark
- 29 oz beef broth low-sodium canned
- 0.3 cup garlic minced
- 1.5 teaspoons ground cumin
- 16 oz onion chopped

- 1.5 teaspoons oregano dried
- 10 oz poblano pepper fresh
- 6 servings salt

Equipment

- bowl
- frying pan
- paper towels
- blender
- roasting pan
- microwave
- slotted spoon

Directions

- Pour 1 can broth into a glass measure; heat in a microwave until simmering. Stem and seed dried chiles; rinse, cut into chunks, and put in a blender.
- Pour hot broth over chiles and let stand 10 minutes. Holding lid down with a towel, whirl until smooth.
- Meanwhile, in a 6-quart heavy pan over medium-high heat, stir bacon often until browned, about 10 minutes. With a slotted spoon, transfer to paper towels. Discard all but 2 tablespoons fat from pan.
- Rinse beef and pat dry; cut into 1 1/2-inch chunks, trimming off any large lumps of fat.
- Sprinkle beef lightly with salt. Working in batches, add beef in a single layer to pan and turn pieces as needed to brown all over, 5 to 6 minutes per batch.
- Transfer beef to a bowl.
- Add onion, garlic, cumin, and oregano to pan; stir often until onion is limp and beginning to brown, 5 to 6 minutes.
- Return beef and bacon to pan.
- Add chile pure, beer, and remaining can broth; bring to a boil, scraping up browned bits. Cover, reduce heat, and simmer, stirring occasionally, for 1 hour. Uncover and simmer, stirring occasionally, until beef is very tender when pierced and sauce is thickened, 1 to 1 1/2 hours

longer; if sauce gets too thick before beef is done, add more broth as needed.

- While beef cooks, in a roasting pan, broil poblano chiles 4 inches from heat, turning once, until charred all over, 11 to 13 minutes total. When cool enough to handle, peel, stem, seed, and coarsely chop. Stir into chili about 30 minutes before it's done.

Nutrition Facts

PROTEIN 32.08% FAT 59.23% CARBS 8.69%

Properties

Glycemic Index:27.08, Glycemic Load:4.81, Inflammation Score:-9, Nutrition Score:42.393043321112%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 891.15kcal (44.56%), Fat: 57.73g (88.82%), Saturated Fat: 22.88g (143.02%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 15.92g (5.79%), Sugar: 6.81g (7.57%), Cholesterol: 246.07mg (82.02%), Sodium: 1078.72mg (46.9%), Alcohol: 2.95g (100%), Alcohol %: 0.5% (100%), Protein: 70.36g (140.73%), Zinc: 23.83mg (158.85%), Vitamin B12: 8.55µg (142.57%), Vitamin C: 110.07mg (133.41%), Selenium: 75.6µg (108%), Vitamin B6: 1.85mg (92.28%), Vitamin B3: 16.7mg (83.52%), Phosphorus: 726.39mg (72.64%), Potassium: 1786.64mg (51.05%), Iron: 7.93mg (44.08%), Vitamin B2: 0.59mg (34.48%), Vitamin B1: 0.47mg (31.29%), Vitamin B5: 2.47mg (24.71%), Magnesium: 96.03mg (24.01%), Manganese: 0.42mg (20.94%), Copper: 0.36mg (17.77%), Vitamin K: 17.87µg (17.02%), Vitamin A: 680.39IU (13.61%), Fiber: 3.15g (12.59%), Folate: 44.45µg (11.11%), Calcium: 108.7mg (10.87%), Vitamin E: 1.43mg (9.54%), Vitamin D: 0.53µg (3.53%)