



Real Texas Chili Con Carne



Gluten Free



Dairy Free



Popular

READY IN



180 min.

SERVINGS



6

CALORIES



1073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds ground beef trimmed cut into 2-inch chunks
- ☐ 2 quarts chicken broth low sodium homemade canned
- ☐ 2 chipotles in adobo whole seeds removed canned
- ☐ 0.5 teaspoon cinnamon
- ☐ 4 medium cloves garlic grated
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 tablespoon ground cumin
- ☐ 6 servings pepper black freshly ground

- ☐ 2 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 large onion diced finely
- ☐ 2 teaspoons oregano dried
- ☐ 2 tablespoons vegetable oil

Equipment

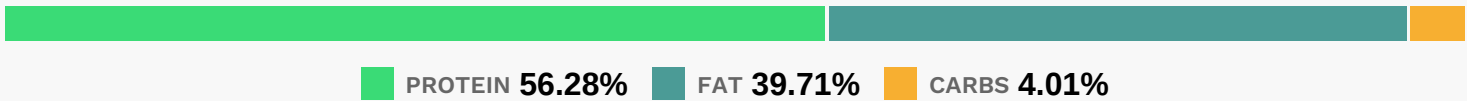
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Combine all chilies in a medium saucepan and add half of chicken broth. Simmer over medium-high heat until chilies are completely tender, about 15 minutes.
- ☐ Transfer to a blender or hand blender cup and blend until completely smooth.
- ☐ Heat oil in a large heavy-bottomed Dutch oven over high heat until smoking. Season half of meat with salt and pepper and cook without moving until well-browned on bottom side, about 6 minutes.
- ☐ Transfer meat to a large bowl and combine with remaining un-cooked half of meat and set aside. Return Dutch oven to heat.
- ☐ Add onions and cook, stirring frequently until translucent and softened, about 2 minutes.
- ☐ Add garlic, cinnamon, cumin, allspice, and oregano, and cook, stirring constantly until fragrant, about 1 minute.
- ☐ Add all meat back to pan along with chili puree and remaining quart chicken broth. Stir to combine.

- ☐
- Bring to a boil over high heat, reduce to a simmer, cover, leaving lid just barely ajar and cook, stirring occasionally until meat is completely tender, 2 1/2 to 3 hours. Alternatively, stew can be cooked in a 200° to 250°F oven with the lid of the Dutch oven slightly ajar.
- ☐
- Season liquid to taste with salt and pepper and whisk in masa in a slow steady stream until desired thickness is reached. For best results, allow chili to cool overnight and reheat the next day to serve.
- ☐
- Serve, garnished with cilantro, chopped onions, scallions, grated cheese, avocado, and warm tortillas as desired.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:40.924347763476%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 1072.82kcal (53.64%), Fat: 45.63g (70.2%), Saturated Fat: 14.65g (91.58%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 8.67g (3.15%), Sugar: 1.47g (1.63%), Cholesterol: 345.21mg (115.07%), Sodium: 1723.56mg (74.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 145.52g (291.05%), Vitamin B12: 9.93µg (165.47%), Selenium: 111.63µg (159.47%), Zinc: 23.47mg (156.5%), Vitamin B3: 24.64mg (123.2%), Phosphorus: 1105.16mg (110.52%), Vitamin B6: 1.87mg (93.37%), Iron: 12.69mg (70.52%), Vitamin B2: 0.85mg (49.72%), Potassium: 1611.41mg (46.04%), Magnesium: 138.41mg (34.6%), Copper: 0.43mg (21.38%), Vitamin K: 21.05µg (20.05%), Vitamin B5: 2mg (19.99%), Vitamin E: 2.39mg (15.96%), Vitamin B1: 0.2mg (13.09%), Vitamin A: 591.94IU (11.84%), Manganese: 0.22mg (11.09%), Calcium: 107.9mg (10.79%), Folate: 34.94µg (8.74%), Fiber: 1.7g (6.8%), Vitamin D: 0.62µg (4.12%), Vitamin C: 2.61mg (3.16%)