



Red Bean Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 2 pounds ground beef lean
- ☐ 1 large onion chopped
- ☐ 8 servings garnish: onion chopped
- ☐ 1 teaspoon pepper
- ☐ 30 ounce kidney beans light red canned
- ☐ 1 teaspoon salt
- ☐ 12 ounce sacramento tomato juice canned

☐ 10.8 ounce all natural tomato soup canned

Equipment

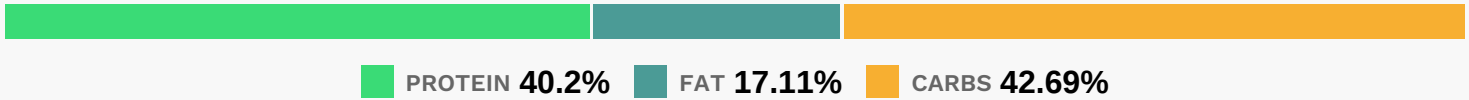
☐ dutch oven

☐ slow cooker

Directions

- ☐ Cook beef and onion in a large Dutch oven over medium-high heat 10 to 12 minutes, stirring until beef crumbles and is no longer pink.
- ☐ Drain, and return beef mixture to Dutch oven.
- ☐ Stir kidney beans and next 5 ingredients into beef mixture; reduce heat, and simmer, stirring occasionally, 1 hour.
- ☐ Garnish, if desired.
- ☐ Slow-Cooker Red Bean Chili: Cook ground beef and onion according to recipe directions; drain, and place in a 4 1/2-quart slow cooker.
- ☐ Add beans and next 5 ingredients. Cover and cook at HIGH 5 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.16, Glycemic Load:8.33, Inflammation Score:-8, Nutrition Score:27.416521891304%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 22.22mg, Quercetin: 22.22mg, Quercetin: 22.22mg, Quercetin: 22.22mg

Nutrients (% of daily need)

Calories: 351.94kcal (17.6%), Fat: 6.79g (10.45%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 26.75g (9.73%), Sugar: 7.16g (7.96%), Cholesterol: 70.31mg (23.44%), Sodium: 509.87mg (22.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.92g (71.85%), Zinc: 7.34mg (48.95%), Fiber: 11.41g (45.65%), Phosphorus: 429.07mg (42.91%), Vitamin B12: 2.54µg (42.34%), Folate: 168.97µg (42.24%), Manganese: 0.83mg (41.39%), Vitamin B6: 0.82mg (41.21%), Iron: 7.4mg (41.11%), Vitamin B3: 8.15mg (40.75%), Potassium: 1207.06mg (34.49%), Selenium: 22.28µg (31.83%), Copper: 0.54mg (27.22%), Magnesium: 99.7mg (24.93%), Vitamin B1: 0.32mg (21.08%), Vitamin B2: 0.33mg (19.14%), Vitamin C: 14.16mg (17.17%), Vitamin K: 16.36µg (15.58%), Vitamin A: 769.17IU (15.38%), Vitamin E: 2.14mg (14.25%), Vitamin B5: 1.3mg (12.98%), Calcium: 92.23mg (9.22%)