



Red Bean Chili



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce beef broth canned
- ☐ 31 ounce kidney beans drained canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.3 cup chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 5 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon kosher salt

- ☐ 2 pounds ground beef lean
- ☐ 1.5 cups onion chopped

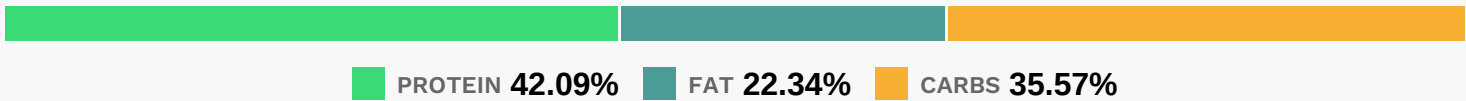
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Place a large Dutch oven or saucepan over medium-high heat.
- ☐ Add the beef and cook until browned, about 5 minutes.
- ☐ Add the onion, stirring well, and cook until translucent, 3 to 5 minutes.
- ☐ Add the garlic and cook 1 minute more. Gradually add the broth, scraping up any browned bits from the bottom of the Dutch oven. Stir in the chili powder, cumin, and tomatoes. Reduce heat to medium-low, cover, and let simmer for 10 minutes.
- ☐ Add the beans, salt, and vinegar, stirring well. Simmer uncovered for 10 minutes more.
- ☐ Garnish with the Cheddar, sour cream, and jalapeo, if desired.
- ☐ Serve hot, with corn bread, if desired. Tip: The amount of chili powder called for in this recipe, 1/3 cup, will create medium spiciness. Vary the spice to taste by reducing the chili powder to 1/4 cup for mild or increasing it to 1/2 cup for high heat.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:7.3, Inflammation Score:-9, Nutrition Score:28.340434768926%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 312.84kcal (15.64%), Fat: 7.99g (12.3%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 17.81g (6.48%), Sugar: 6.31g (7.01%), Cholesterol: 70.31mg (23.44%), Sodium: 1261mg (54.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.78%), Vitamin A: 3040.44IU (60.81%), Zinc: 7.11mg (47.43%), Vitamin B3: 9.42mg (47.08%), Vitamin B6: 0.89mg (44.38%), Vitamin B12: 2.61µg (43.53%), Fiber: 10.83g (43.32%), Phosphorus: 414.56mg (41.46%), Iron: 7.05mg (39.18%), Selenium: 24.42µg (34.89%), Manganese: 0.69mg (34.75%), Potassium: 1137.94mg (32.51%), Vitamin E: 4.77mg (31.77%), Vitamin B2: 0.41mg (24.06%), Copper: 0.46mg (23.17%), Magnesium: 90.32mg (22.58%), Vitamin K: 18.17µg (17.3%), Vitamin B1: 0.25mg (16.59%), Folate: 51.53µg (12.88%), Vitamin B5: 1.17mg (11.7%), Calcium: 113.49mg (11.35%), Vitamin C: 8.52mg (10.33%)