



Round 2 - Southwest Beef and Black Bean Chili

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef bottom round roast
- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 15 ounce beef broth canned
- ☐ 15 ounce black beans drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons canola oil

- ☐ 2 carrots cut into 2-inch pieces
- ☐ 2 carrots cut into 3-inch pieces
- ☐ 2 stalks celery
- ☐ 1.5 tablespoons chili powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 1 onion red sliced
- ☐ 2 russet potatoes cut into 1-inch cubes
- ☐ 2 teaspoons salt plus more for seasoning
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon rosemary and thyme leaves fresh
- ☐ 0.5 pound turnips cut into wedges
- ☐ 1 cup water
- ☐ 2 cups water
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 medium onion diced yellow
- ☐ 1 medium onion yellow

Equipment

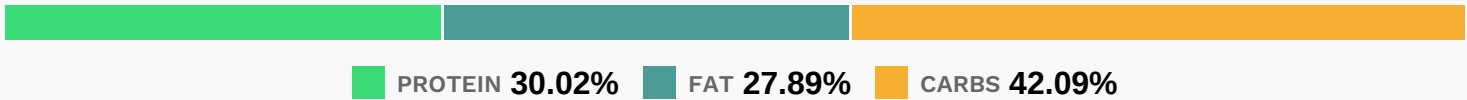
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ blender

☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large saucepan over medium heat and add the oil, diced onion and garlic and saute until the onions are golden, about 5 minutes.
- ☐ Add the tomatoes, pot roast, black beans, chili powder, and 2 cups water. Lower the heat and simmer for 30 minutes. Season with salt and pepper, to taste. Ladle the chili into serving bowls and sprinkle each bowl with 1 tablespoon of cheese.
- ☐ Serve hot.
- ☐ Season the beef with salt and pepper and lightly coat with flour.
- ☐ Heat the canola oil in a large skillet on medium-high heat and brown the meat on all sides.
- ☐ Remove to a platter and set aside. Arrange the carrots, celery and onion in bottom of slow cooker and top with the seared beef.
- ☐ Add the broth, water, garlic, Worcestershire sauce, and thyme, and set the cooker on low for 8 hours. When finished, remove the meat to a serving platter.
- ☐ Let the vegetables and broth cool for about 5 minutes, then add to a blender. Slowly blend until smooth and transfer to a serving bowl.
- ☐ Serve the gravy with the pot roast and roasted root vegetables.
- ☐ One hour before the pot roast is done cooking, preheat the oven to 400 degrees F.
- ☐ Add all the vegetables to a large bowl and add the canola oil, rosemary, thyme, and onion. Season with salt and pepper, to taste, and arrange on a sheet tray. Roast for 30 minutes, then toss and roast another 30 minutes. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:180.85, Glycemic Load:27.45, Inflammation Score:-10, Nutrition Score:57.48347760413%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 17.02mg, Quercetin: 17.02mg, Quercetin: 17.02mg, Quercetin: 17.02mg

Nutrients (% of daily need)

Calories: 729.35kcal (36.47%), Fat: 23.21g (35.7%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 78.79g (26.26%), Net Carbohydrates: 59.28g (21.56%), Sugar: 19.46g (21.62%), Cholesterol: 111.75mg (37.25%), Sodium: 1478.14mg (64.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.19g (112.38%), Vitamin A: 11780.07IU (235.6%), Vitamin B6: 2.25mg (112.28%), Vitamin B3: 18.3mg (91.52%), Selenium: 55.46µg (79.22%), Fiber: 19.52g (78.07%), Potassium: 2663.49mg (76.1%), Phosphorus: 743.22mg (74.32%), Manganese: 1.44mg (72.02%), Iron: 12.23mg (67.95%), Vitamin C: 54.26mg (65.77%), Zinc: 9.51mg (63.37%), Vitamin B12: 3.28µg (54.66%), Copper: 1.08mg (54.1%), Vitamin K: 55.67µg (53.02%), Folate: 189.12µg (47.28%), Magnesium: 189.08mg (47.27%), Vitamin B1: 0.71mg (47.19%), Vitamin E: 6.96mg (46.38%), Vitamin B2: 0.76mg (44.52%), Calcium: 353.13mg (35.31%), Vitamin B5: 2.38mg (23.77%)