



Salmon Chili, Why Not?

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 stalks celery diced ()
- ☐ 2 teaspoon chili powder to taste ()
- ☐ 2 tablespoon cilantro leaves fresh minced
- ☐ 2 clove garlic minced peeled (and)
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt as needed plus more for seasoning)
- ☐ 6 servings lime wedges (for serving)

- ☐ 2 tablespoon olive oil
- ☐ 1 onion diced peeled (and)
- ☐ 2 teaspoon oregano fresh minced
- ☐ 1 pound alsakan salmon cut into 1-inch chunks)
- ☐ 1 tablespoon tabasco red
- ☐ 2 tablespoon tomato paste
- ☐ 3 cup vegetable broth

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the olive oil in the large Dutch oven over medium-low heat. Stir in the onions, celery, red bell pepper and poblano pepper until coated; season with ½ teaspoon salt. Cover the pan and let the onions cook slowly, stirring frequently until the vegetables are well-softened and the onions are lightly golden, 12 to 15 minutes. Feel free to add a tablespoon of water part way through cooking if the pan looks too dry. Onions vary greatly in water content. When the vegetables are done, stir in the garlic and jalapeño; cook another 1 minute. Turn the heat up to medium and add the tomatoes and their liquid; bring to a simmer.
- ☐ Drain and rinse the beans, then add to them pot along with the Tabasco, tomato paste, vegetable broth, oregano, chili powder, coriander and cumin. Bring back to a simmer, then lower the heat to medium-low and cook, stirring occasionally until the flavors come together, about 20 minutes. Taste for seasoning and adjust as needed. The chili may be made ahead to this point up to 24 hours in advance. Cool completely, then cover and refrigerate. In which case bring back to a low simmer before continuing.
- ☐ Add the salmon and simmer until just cooked through, about 4 minutes. Stir carefully to cook and incorporate the salmon without breaking it up too much.
- ☐ Garnish with cilantro.
- ☐ Serve warm in individual bowls with lime wedges on the side. Like this: Like Loading...

Nutrition Facts

 **PROTEIN 35.94%**  **FAT 49.96%**  **CARBS 14.1%**

Properties

Glycemic Index:42.17, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:14.070434694705%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 176kcal (8.8%), Fat: 9.8g (15.07%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.73g (1.72%), Sugar: 2.74g (3.05%), Cholesterol: 41.58mg (13.86%), Sodium: 819.97mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Selenium: 28.44µg (40.63%), Vitamin B12: 2.4µg (40.07%), Vitamin B6: 0.7mg (35.03%), Vitamin B3: 6.32mg (31.58%), Vitamin B2: 0.32mg (19.01%), Phosphorus: 172.17mg (17.22%), Potassium: 526.46mg (15.04%), Vitamin B5: 1.34mg (13.44%), Vitamin A: 648.42IU (12.97%), Vitamin B1: 0.19mg (12.95%), Vitamin K: 12.75µg (12.15%), Copper: 0.24mg (12.1%), Vitamin E: 1.34mg (8.91%), Iron: 1.53mg (8.49%), Magnesium: 33.03mg (8.26%), Folate: 29.95µg (7.49%), Manganese: 0.15mg (7.33%), Vitamin C: 5.31mg (6.44%), Fiber: 1.49g (5.97%), Zinc: 0.66mg (4.4%), Calcium: 41.42mg (4.14%)