



Salsa Verde Ranch Style Beef Chili



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounce canned tomatoes diced with chili peppers canned
- ☐ 30 ounce beans white drained canned
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons ground cumin

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pound ground beef lean
- ☐ 1 large onion finely chopped
- ☐ 1 packet ranch dressing seasoning dry
- ☐ 1 cup reduced sodium chicken broth
- ☐ 1.5 cups salsa verde prepared
- ☐ 1 zucchini sliced quartered

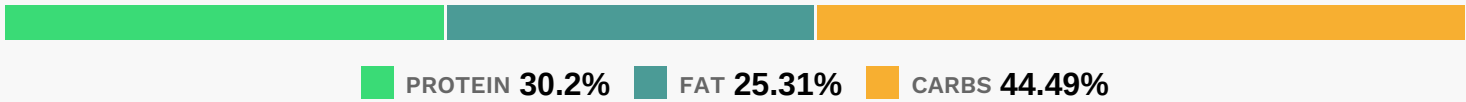
Equipment

- ☐ dutch oven

Directions

- ☐ Place oil into a large dutch oven, 3–5 quart size over medium heat. When hot, add onions and zucchini, cook for 8–10 minutes until softened.
- ☐ Add garlic and cook for an additional minute.
- ☐ Add beef, salt and pepper. Stir and cook until browned, about 10 minutes.
- ☐ Add beans, tomatoes, salsa, ranch seasoning, chicken broth, cumin, chili powder and cilantro. Stir to combine and reduce heat to low. Simmer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:6.82, Inflammation Score:-7, Nutrition Score:19.235217151435%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 289.8kcal (14.49%), Fat: 8.23g (12.66%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 25.61g (9.31%), Sugar: 6.1g (6.78%), Cholesterol: 35.19mg (11.73%), Sodium: 499.35mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.18%), Manganese: 0.8mg (39.92%), Iron: 6.43mg (35.71%), Potassium: 1045.88mg (29.88%), Zinc: 4.46mg (29.71%), Fiber: 6.93g (27.73%), Phosphorus: 258.3mg (25.83%), Vitamin B6: 0.47mg (23.73%), Vitamin B3: 4.42mg (22.08%), Magnesium: 88.21mg (22.05%), Folate: 87.11µg (21.78%), Vitamin B12: 1.3µg (21.66%), Copper: 0.42mg (21.13%), Selenium: 12.5µg (17.86%), Vitamin E: 2.44mg (16.27%), Vitamin A: 774.01IU (15.48%), Vitamin C: 11.66mg (14.13%), Calcium: 126.12mg (12.61%), Vitamin B1: 0.19mg (12.55%), Vitamin K: 12.91µg (12.29%), Vitamin B2: 0.2mg (12.02%), Vitamin B5: 0.76mg (7.61%)