



Savannah Tailgater Chili

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 45 ounce kidney beans red drained and rinsed canned
- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes diced canned
- 8 servings cheddar cheese grated for serving
- 0.3 cup chili powder plus more to taste
- 10 ounce corn kernels frozen
- 2 large cloves garlic finely chopped
- 0.5 cup bell pepper diced green seeded

- 2 pounds ground beef
- 1.5 teaspoons ground cumin
- 8 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 1 cup onion diced
- 2 teaspoons oregano dried
- 8 servings cup heavy whipping cream sour for serving

Equipment

- bowl
- paper towels
- ladle
- pot
- slotted spoon

Directions

- Heat 2 tablespoons olive oil in a large pot over medium-high heat. Brown the ground beef, breaking it up with a fork, until cooked through, 7 to 8 minutes. Season the beef with 1/2 teaspoon each salt and pepper. Using a slotted spoon, transfer the beef to a paper towel-lined plate.
- Heat the remaining 1 tablespoon olive oil in the pot.
- Add the onion, bell pepper and garlic and saute until softened, about 5 minutes. Stir in the chili powder, oregano and cumin and cook for 1 minute.
- Return the beef to the pot. Stir in the beans, tomatoes, tomato sauce, corn, 1 1/2 cups water and 2 teaspoons salt. Simmer 30 to 45 minutes. Taste and add more chili powder, if desired.
- Ladle the chili into serving bowls and top with a dollop of sour cream and a sprinkling of cheddar cheese.
- Photograph by Andrew McCaul

Nutrition Facts



■ PROTEIN 21.6% ■ FAT 52.88% ■ CARBS 25.52%

Properties

Glycemic Index:29.88, Glycemic Load:11.57, Inflammation Score:-10, Nutrition Score:37.233913131382%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 712.58kcal (35.63%), Fat: 43.1g (66.31%), Saturated Fat: 16.87g (105.45%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 31.61g (11.5%), Sugar: 12.93g (14.37%), Cholesterol: 117.59mg (39.2%), Sodium: 1456.81mg (63.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.61g (79.22%), Vitamin A: 3075.13IU (61.5%), Fiber: 15.18g (60.73%), Phosphorus: 590.73mg (59.07%), Zinc: 7.77mg (51.81%), Manganese: 0.97mg (48.59%), Vitamin B6: 0.95mg (47.47%), Vitamin B12: 2.77µg (46.17%), Iron: 7.97mg (44.3%), Selenium: 30.58µg (43.69%), Vitamin E: 6.52mg (43.49%), Vitamin B3: 8.67mg (43.36%), Potassium: 1460.03mg (41.72%), Calcium: 376.05mg (37.61%), Vitamin B2: 0.63mg (36.88%), Copper: 0.67mg (33.34%), Magnesium: 125.7mg (31.43%), Vitamin K: 31.11µg (29.63%), Vitamin C: 24.09mg (29.2%), Vitamin B1: 0.37mg (24.46%), Folate: 95.26µg (23.82%), Vitamin B5: 1.62mg (16.15%), Vitamin D: 0.29µg (1.96%)