



## Shoot Out Chili

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



10

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 anaheim peppers chopped
- 1 tablespoon ancho chile powder
- 1 andouille sausage finely chopped
- 0.3 cup bacon fat
- 2 cups beef stock
- 14 ounce black beans canned
- 32 ounce kidney beans red canned
- 12 ounce tomato sauce canned

- 14 ounce canned tomatoes chopped canned
- 3 chipotles in adobo chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 6 cloves garlic chopped
- 1 tablespoon ground cumin
- 0.5 jalapeño finely chopped
- 3 juice of lime
- 10 servings kosher salt and pepper black freshly ground
- 3 onions chopped
- 3 poblano peppers chopped
- 1 bell pepper red chopped
- 6 tomatillos chopped
- 6 tomatillos pureed
- 14 ounce beans white

## Equipment

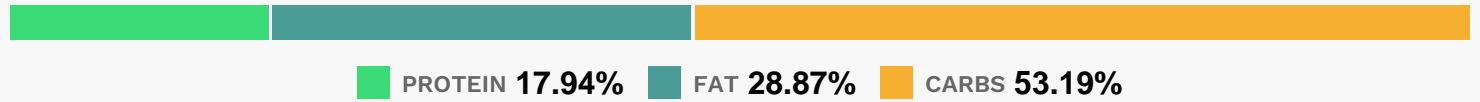
- mixing bowl
- dutch oven

## Directions

- In a large Dutch oven or stockpot over medium-high heat, add the bacon fat, garlic, onions and peppers, and cook until tender, about 10 minutes.
- Add the beans, tomatoes, tomato sauce, pureed tomatillos, chipotles, chili powder and cumin. Cook as long as possible, at least 30 minutes.
- Add stock or tomato sauce if the chili becomes too thick.
- Add the cilantro and season with salt and pepper.
- Garnish with Andouille Tomatillo Topping and serve.
- In a mixing bowl, toss the tomatillos, andouille, jalapeno, cilantro, lime juice and zest.

Add salt and pepper to taste.

## Nutrition Facts



### Properties

Glycemic Index:36.7, Glycemic Load:7.03, Inflammation Score:-9, Nutrition Score:23.585217341133%

### Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

### Nutrients (% of daily need)

Calories: 336.61kcal (16.83%), Fat: 11.3g (17.38%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 32.04g (11.65%), Sugar: 10.41g (11.57%), Cholesterol: 13.17mg (4.39%), Sodium: 816.82mg (35.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.58%), Vitamin C: 64.63mg (78.34%), Fiber: 14.8g (59.21%), Manganese: 0.96mg (48.07%), Potassium: 1204.91mg (34.43%), Iron: 5.61mg (31.16%), Copper: 0.56mg (27.93%), Phosphorus: 276.23mg (27.62%), Folate: 109.19µg (27.3%), Magnesium: 105.02mg (26.25%), Vitamin B6: 0.49mg (24.49%), Vitamin B1: 0.34mg (22.77%), Vitamin A: 1087.97IU (21.76%), Vitamin B3: 3.64mg (18.19%), Vitamin K: 18.85µg (17.95%), Vitamin B2: 0.28mg (16.62%), Vitamin E: 2.36mg (15.72%), Zinc: 2.08mg (13.85%), Calcium: 127.14mg (12.71%), Vitamin B5: 0.76mg (7.56%), Selenium: 5.27µg (7.52%), Vitamin D: 0.29µg (1.93%), Vitamin B12: 0.06µg (1.08%)