



Short Rib Chili

 Gluten Free

READY IN



245 min.

SERVINGS



6

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can chiles in adobo sauce
- 2 tablespoons agave nectar dark
- 2 large torn into pieces dried stemmed seeded
- 2 ounce torn into pieces dried stemmed seeded (8)
- 1 cup beef broth organic (preferably)
- 6 servings coarsely bittersweet chocolate such as lindt grated
- 15 ounce black beans rinsed drained canned
- 1 cup corn kernels frozen thawed

- 1 cup regular cornmeal italian (cornmeal)
- 1 tablespoon cumin freshly ground
- 6 large cloves garlic chopped
- 6 servings green onions chopped
- 1 teaspoon espresso coffee instant
- 6 servings kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 2.5 cups low-salt chicken broth organic (preferably)
- 0.3 cup olive oil extra-virgin
- 1 tablespoon mexican oregano dried
- 1 large onion red chopped
- 3 pounds meaty short with bone
- 2 tablespoons butter unsalted
- 6 servings garnishes sour green red such as lime wedges, cream, chopped cooked bacon, chopped and/or jalapenos
- 6 servings garnishes sour green red such as lime wedges, cream, chopped cooked bacon, chopped and/or jalapenos

Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- whisk
- pot
- blender
- aluminum foil
- spatula
- tongs

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Arrange the short ribs on a large sheet of foil.
- Sprinkle all over with 1 teaspoon salt and 1 teaspoon pepper.
- Bring the New Mexico chiles, ancho chiles and 1 1/2 cups water to a simmer in a medium saucepan over high heat. Cover, reduce the heat to medium-low and simmer until the chiles are just tender, 5 to 6 minutes.
- Transfer the mixture to a blender. Holding the top on firmly, blend until the chile puree is smooth.
- Heat the oil in a large pot over medium-high heat.
- Add the short ribs in batches and brown on all sides, 5 to 6 minutes per batch, transferring the short ribs to a bowl each time.
- Add the garlic and red onions to the drippings in the pot.
- Saute until the onions soften, about 5 minutes.
- Mix in the cumin and oregano.
- Add the chile puree from the blender, the broth, agave, and espresso; stir to blend. Return the short ribs and any juices from the bowl to the pot; stir to coat. Bring to a simmer. Cover and place the pot in the oven. Braise until the ribs are very tender, about 2 hours 30 minutes.
- Tilt the pot. Spoon off and discard any fat that rises to the surface and pools at the lower end. Using tongs, transfer the ribs and any loose bones to a rimmed baking sheet. Carefully cut the membrane off each piece of meat (try to cut away only the membrane and not any meat). Discard the membranes and all bones.
- Cut the meat into small (scant 1/2-inch) cubes. Return the meat to the sauce in the pot.
- Mix in the black beans. Season the chili with about 1/4 teaspoon each of salt and pepper. If desired, add the adobo sauce by teaspoonfuls to increase the spiciness.
- Transfer the chili to a large bowl.
- Sprinkle with the green onions.
- Spoon the Creamy Corn Polenta into deep bowls. Ladle chili over.
- Sprinkle generously with chocolate.

Serve with the garnishes.

Bring the broth, 2 1/2 cups water, butter and 1 teaspoon salt to a boil in a heavy, large saucepan over high heat. Gradually whisk in the polenta. Continue to whisk until the polenta begins to thicken, 2 to 3 minutes. Reduce the heat to low. Cover and cook until the polenta is very thick and tender, stirring often with a flat-bottom spoon or heatproof rubber spatula to prevent sticking or burning, about 20 minutes. Blend the corn in a mini processor until a coarse puree forms. Stir the corn puree into the polenta. Season with more salt if desired.

Nutrition Facts

PROTEIN 24.02% **FAT 43.65%** **CARBS 32.33%**

Properties

Glycemic Index:44.42, Glycemic Load:15.91, Inflammation Score:-10, Nutrition Score:36.2600000099%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 735.87kcal (36.79%), Fat: 36.18g (55.66%), Saturated Fat: 13.33g (83.34%), Carbohydrates: 60.31g (20.1%), Net Carbohydrates: 47.6g (17.31%), Sugar: 17.78g (19.75%), Cholesterol: 107.77mg (35.92%), Sodium: 843.29mg (36.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.09mg (2.03%), Protein: 44.8g (89.59%), Vitamin B12: 5.76µg (95.98%), Vitamin A: 3310.4IU (66.21%), Zinc: 9.73mg (64.83%), Phosphorus: 558.92mg (55.89%), Vitamin B6: 1.06mg (53.15%), Vitamin B3: 10.52mg (52.62%), Fiber: 12.72g (50.87%), Iron: 8.1mg (45.01%), Selenium: 28.2µg (40.28%), Potassium: 1387.18mg (39.63%), Manganese: 0.78mg (39.06%), Vitamin K: 38.57µg (36.73%), Vitamin B2: 0.62mg (36.64%), Magnesium: 125.84mg (31.46%), Vitamin B1: 0.41mg (27.1%), Copper: 0.49mg (24.48%), Folate: 95.98µg (24%), Vitamin E: 2.29mg (15.25%), Vitamin C: 10.72mg (13%), Vitamin B5: 1.15mg (11.54%), Calcium: 97.85mg (9.78%)