



Silly Chili

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce kidney beans drained canned
- 4 cherry tomatoes halved
- 1.5 tablespoons chili powder
- 8 5-inch corn tortillas ()
- 1 pound ground beef
- 29 ounce no-salt-added stewed tomatoes undrained canned
- 0.1 teaspoon salt
- 1.5 ounces sharp cheddar cheese shredded reduced-fat finely

1 cup water

Equipment

food processor

bowl

frying pan

baking sheet

paper towels

oven

wire rack

dutch oven

Directions

Cut eye and mouth shapes from each tortilla to make funny faces; discard cutout pieces.

Place tortillas on a baking sheet; bake at 450 for 4 minutes or until crisp and lightly browned.

Let cool on a wire rack.

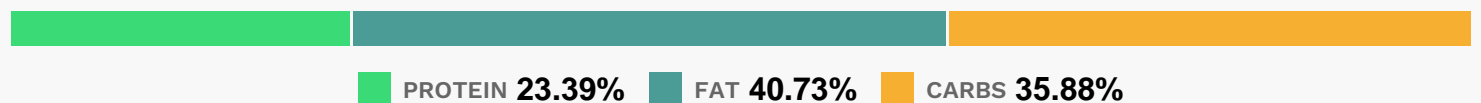
Cook meat in a Dutch oven over medium heat until browned, stirring to crumble; drain. Wipe drippings from pan with a paper towel; return meat to pan.

Add water, chili powder, salt, and beans; set aside.

Place stewed tomatoes in a food processor; process 10 seconds or until pureed. Stir into meat mixture; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer an additional 35 minutes.

Spoon 3/4 cup chili into each of 8 shallow bowls. Top each with a tortilla; add 1 tomato half for "nose," and arrange cheese evenly on tortillas for "hair."

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:8.49, Inflammation Score:-6, Nutrition Score:16.481304326783%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 311.02kcal (15.55%), Fat: 14.36g (22.09%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 20.17g (7.33%), Sugar: 4.89g (5.44%), Cholesterol: 45.57mg (15.19%), Sodium: 425.96mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.1%), Fiber: 8.28g (33.13%), Phosphorus: 304.83mg (30.48%), Zinc: 3.66mg (24.42%), Manganese: 0.48mg (24.15%), Vitamin B6: 0.46mg (23.01%), Iron: 3.95mg (21.97%), Vitamin B12: 1.27µg (21.16%), Vitamin B3: 4.12mg (20.62%), Potassium: 705.27mg (20.15%), Selenium: 12.64µg (18.05%), Magnesium: 69.45mg (17.36%), Copper: 0.32mg (15.75%), Vitamin B2: 0.26mg (15.4%), Vitamin C: 12.36mg (14.98%), Vitamin B1: 0.21mg (13.81%), Vitamin A: 660.14IU (13.2%), Calcium: 130.63mg (13.06%), Vitamin E: 1.66mg (11.06%), Folate: 43.3µg (10.82%), Vitamin K: 10.31µg (9.82%), Vitamin B5: 0.61mg (6.08%)