



Simple, Perfect Chili

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans drained and rinsed canned
- 15 ounce pinto beans drained and rinsed canned
- 8 ounce tomato sauce canned
- 0.3 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 2 cloves garlic chopped
- 2 pounds ground beef
- 1 teaspoon ground cumin

- 8 servings lime wedges for serving
- 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 8 servings onions chopped for serving
- 1 teaspoon ground oregano
- 1 teaspoon salt
- 8 servings cheddar shredded for serving
- 8 servings tortilla chips for serving

Equipment

- bowl
- pot

Directions

- Watch how to make this recipe.
- Place the ground beef in a large pot and throw in the garlic. Cook over medium heat until browned.
- Drain off the excess fat, and then pour in the tomato sauce, chili powder, cumin, oregano, salt and cayenne. Stir together well, cover, and then reduce the heat to low. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add 1/2 cup water at a time as needed.
- After an hour, place the masa harina in a small bowl.
- Add 1/2 cup water and stir together with a fork. Dump the masa mixture into the chili. Stir together well, and then taste and adjust the seasonings.
- Add more masa paste and /or water to get the chili to your preferred consistency, or to add more corn flavor.
- Add the beans and simmer for 10 minutes.
- Serve with shredded Cheddar, chopped onions, tortilla chips and lime wedges.

Nutrition Facts



PROTEIN 20.59% FAT 52.2% CARBS 27.21%

Properties

Glycemic Index:37.5, Glycemic Load:7.09, Inflammation Score:-8, Nutrition Score:25.839565111243%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 679.9kcal (33.99%), Fat: 39.81g (61.25%), Saturated Fat: 15.46g (96.64%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 37.44g (13.62%), Sugar: 5.37g (5.97%), Cholesterol: 110.51mg (36.84%), Sodium: 1103.44mg (47.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.69%), Phosphorus: 525.17mg (52.52%), Zinc: 7.19mg (47.94%), Vitamin B12: 2.74µg (45.75%), Selenium: 28.81µg (41.16%), Fiber: 9.25g (37.01%), Vitamin B6: 0.69mg (34.32%), Calcium: 338.93mg (33.89%), Vitamin B3: 6.41mg (32.07%), Iron: 5.4mg (30.02%), Vitamin B2: 0.45mg (26.37%), Manganese: 0.52mg (26.23%), Magnesium: 102.37mg (25.59%), Potassium: 890.98mg (25.46%), Vitamin E: 3.25mg (21.66%), Vitamin A: 1059.92IU (21.2%), Vitamin B1: 0.27mg (18.29%), Copper: 0.36mg (17.9%), Folate: 65.97µg (16.49%), Vitamin K: 16.67µg (15.88%), Vitamin B5: 1.36mg (13.55%), Vitamin C: 7.46mg (9.05%), Vitamin D: 0.29µg (1.96%)