



## Simply Sensational Chili

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings goya adobo with pepper, to taste
- 1 packet goya powdered beef bouillon
- 28 ounce canned tomatoes whole chopped canned
- 1 tablespoon chili powder
- 2 tablespoons goya extra virgin olive oil
- 1 tablespoon cilantro leaves fresh finely chopped
- 2 teaspoons goya garlic minced
- 0.5 cup bell pepper green chopped

- 1 pound ground beef
- 1 tablespoon ground cumin dry
- 1 cup onion chopped
- 15.5 ounce goya pinto beans undrained canned
- 1 packet sazón goya with coriander and annatto

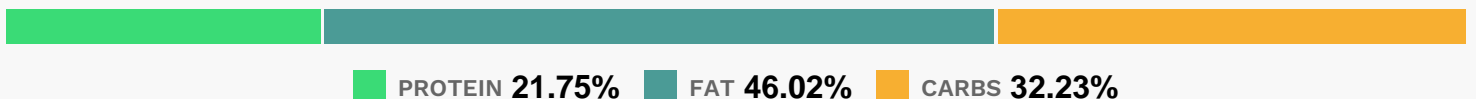
## Equipment

- bowl
- pot
- wooden spoon

## Directions

- Heat oil in medium, heavy-bottomed pot over medium-high heat.
- Add onions, peppers and garlic; cook until vegetables are soft, stirring occasionally, about 8 minutes. Season meat with Adobo.
- Add meat to the pot, breaking into small pieces with a wooden spoon. Cook until browned, stirring occasionally, about 8 minutes. Stir in chili powder, cilantro and cumin, cook until fragrant, about 1 minute more.
- Add 1 cup water, chopped tomatoes (with liquid), beef bouillon and Sazon to pot. Bring tomato mixture to a boil. Lower heat to medium-low and simmer, uncovered, until mixture thickens and flavors come together, stirring occasionally, about 1 hour. Stir in beans. Cook until heated through, about 15 minutes more.
- Divide chili among serving bowls.
- Garnish with cheese, sour cream and onions, if desired.

## Nutrition Facts



## Properties

Glycemic Index:41.38, Glycemic Load:9.56, Inflammation Score:-9, Nutrition Score:35.210869695829%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

## Nutrients (% of daily need)

Calories: 606.48kcal (30.32%), Fat: 31.86g (49.01%), Saturated Fat: 10.03g (62.67%), Carbohydrates: 50.21g (16.74%), Net Carbohydrates: 34.66g (12.6%), Sugar: 11.46g (12.74%), Cholesterol: 80.51mg (26.84%), Sodium: 661.89mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.88g (67.76%), Fiber: 15.55g (62.22%), Folate: 233.06µg (58.26%), Vitamin B6: 1.07mg (53.62%), Manganese: 1.06mg (52.8%), Iron: 8.66mg (48.13%), Vitamin C: 37.75mg (45.76%), Zinc: 6.62mg (44.15%), Potassium: 1532.01mg (43.77%), Phosphorus: 435.72mg (43.57%), Vitamin B12: 2.43µg (40.45%), Vitamin B3: 8.02mg (40.11%), Vitamin E: 5.91mg (39.38%), Selenium: 25.94µg (37.06%), Copper: 0.74mg (36.94%), Magnesium: 128.86mg (32.22%), Vitamin B1: 0.46mg (30.43%), Vitamin K: 24.76µg (23.58%), Vitamin B2: 0.38mg (22.41%), Vitamin A: 1117.5IU (22.35%), Calcium: 174.14mg (17.41%), Vitamin B5: 1.45mg (14.47%)