



Sirloin Three-Bean Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



55 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 2 lb sirloin beef tips boneless cut into 1-inch cubes
- 1 cup onion coarsely chopped
- 1 cup bell pepper green coarsely chopped
- 56 oz tomatoes diced organic undrained canned
- 15 oz pinto beans rinsed drained canned
- 19 oz beans red rinsed drained canned
- 1 can black beans rinsed drained (15)

- 1 cup beef broth flavored (from 32-oz carton)
- 1.5 tablespoons ground cumin
- 1 tablespoon chili powder

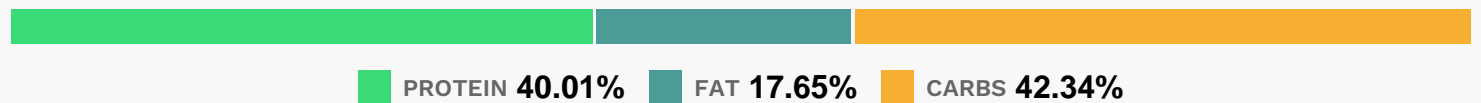
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, heat oil over medium-high heat. Cook 1 pound of beef at a time in oil, stirring occasionally, until brown; remove from Dutch oven.
- Add onion and bell pepper to Dutch oven. Cook 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in remaining ingredients except beef.
- Cover and cook over medium heat 10 minutes. Stir in beef. Cook uncovered 3 to 8 minutes or until beef is tender.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:11.18, Inflammation Score:-10, Nutrition Score:42.19608663476%

Flavonoids

Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 475.24kcal (23.76%), Fat: 9.47g (14.57%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 51.08g (17.03%), Net Carbohydrates: 33.5g (12.18%), Sugar: 11.2g (12.44%), Cholesterol: 83.16mg (27.72%), Sodium: 967.68mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.28g (96.56%), Vitamin C: 61.44mg (74.47%), Vitamin B6: 1.45mg (72.52%), Fiber: 17.58g (70.31%), Selenium: 46.22µg (66.02%), Vitamin B3: 12.94mg (64.72%), Phosphorus: 636.68mg (63.67%), Manganese: 1.11mg (55.72%), Potassium: 1940.63mg (55.45%), Zinc: 8.24mg (54.91%), Vitamin A: 2713.71IU (54.27%), Iron: 8.35mg (46.39%), Magnesium: 152.42mg (38.1%), Folate: 150.27µg

(37.57%), Copper: 0.74mg (36.93%), Vitamin K: 35.34µg (33.66%), Vitamin B1: 0.5mg (33.47%), Vitamin B12: 1.92µg (31.97%), Vitamin B2: 0.45mg (26.61%), Vitamin E: 3.1mg (20.67%), Calcium: 170.22mg (17.02%), Vitamin B5: 1.61mg (16.06%)