



## Slow-Cooker Beef and Bean Chili

 **Gluten Free**  **Dairy Free**

READY IN



505 min.

SERVINGS



5

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb stew meat
- 30 oz black beans rinsed drained progresso® canned
- 29 oz canned tomatoes diced with green chiles, undrained canned
- 2 tablespoons chili powder
- 2 teaspoons garlic finely chopped
- 1 tablespoon ground cumin
- 1 cup onion coarsely chopped
- 0.1 teaspoon pepper

- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 0.5 cup water

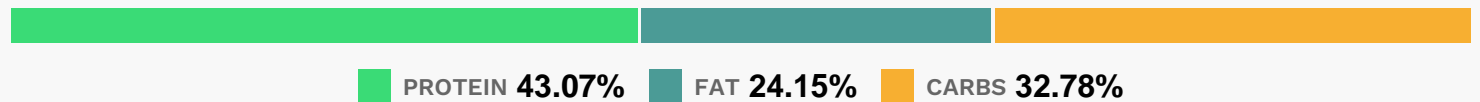
## Equipment

- frying pan
- slow cooker

## Directions

- In 12-inch skillet, heat oil over medium-high heat.
- Add onions and garlic; cook 4 to 5 minutes, stirring frequently, until onions are softened.
- Stir in chili powder, cumin, salt, pepper and beef. Cook 6 to 8 minutes, stirring occasionally, until beef is lightly browned.
- In 3- to 4-quart slow cooker, place beef mixture. Stir in beans, tomatoes and water.
- Cover; cook on Low heat setting 8 to 10 hours. Stir well before serving.

## Nutrition Facts



## Properties

Glycemic Index:18.8, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:39.176087379456%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

## Nutrients (% of daily need)

Calories: 489.04kcal (24.45%), Fat: 13.19g (20.29%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 25.08g (9.12%), Sugar: 5.54g (6.16%), Cholesterol: 112.49mg (37.5%), Sodium: 1293.49mg (56.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.93g (105.87%), Vitamin B6: 1.59mg (79.33%), Selenium: 53.68µg (76.69%), Vitamin B3: 14.96mg (74.79%), Phosphorus: 631.82mg (63.18%), Fiber: 15.2g (60.81%), Zinc: 8.96mg (59.76%), Vitamin B12: 3.36µg (55.94%), Iron: 10.01mg (55.62%), Potassium: 1587.87mg

(45.37%), Vitamin B2: 0.63mg (36.99%), Folate: 147.64µg (36.91%), Manganese: 0.71mg (35.58%), Vitamin B1: 0.51mg (34.24%), Copper: 0.68mg (34.06%), Magnesium: 134.16mg (33.54%), Vitamin C: 22.74mg (27.57%), Vitamin A: 1164.25IU (23.28%), Vitamin E: 3.15mg (21.02%), Calcium: 177.46mg (17.75%), Vitamin K: 15.63µg (14.88%), Vitamin B5: 1.37mg (13.74%)