



Slow-Cooker Beef and Beer Chili

READY IN



500 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef chuck trimmed of fat cut into 3/4-inch pieces
- 2 tablespoons flour all-purpose
- 1 tablespoon vegetable oil
- 12 oz beer dark room temperature
- 1 cup onion chopped
- 3 cloves garlic finely chopped
- 29 oz canned tomatoes diced fire roasted organic undrained canned
- 16 oz pinto beans rinsed drained canned
- 15 oz beans red rinsed drained canned

- 2 tablespoons tomato paste
- 2 tablespoons chili powder
- 1 tablespoon cocoa powder unsweetened
- 1 teaspoon salt
- 4 oz sharp cheddar cheese shredded

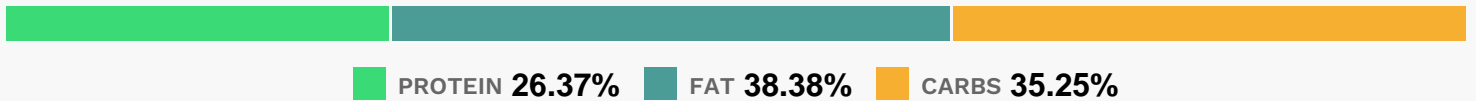
Equipment

- frying pan
- ziploc bags
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In large resealable food-storage plastic bag, place beef and flour; seal bag and shake to coat. In 12-inch skillet, heat oil over medium-high heat. Cook beef in oil, stirring occasionally, until browned on all sides.
- Place beef in slow cooker.
- Add beer to skillet, stirring and scraping to loosen brown particles. Cook 1 minute.
- Pour over beef in slow cooker.
- Add remaining ingredients except cheese.
- Cover; cook on Low heat setting 8 hours.
- Sprinkle individual servings with cheese.

Nutrition Facts



Properties

Glycemic Index:85.38, Glycemic Load:15.71, Inflammation Score:-9, Nutrition Score:34.896956220917%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 666.47kcal (33.32%), Fat: 27.94g (42.99%), Saturated Fat: 12.12g (75.76%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 42.29g (15.38%), Sugar: 10.98g (12.2%), Cholesterol: 106.59mg (35.53%), Sodium: 1885.73mg (81.99%), Alcohol: 3.32g (100%), Alcohol %: 0.59% (100%), Protein: 43.19g (86.39%), Zinc: 11.3mg (75.33%), Phosphorus: 619.99mg (62%), Fiber: 15.44g (61.78%), Vitamin B12: 3.41µg (56.89%), Selenium: 36.27µg (51.82%), Vitamin A: 2429.94IU (48.6%), Manganese: 0.95mg (47.37%), Iron: 7.93mg (44.07%), Vitamin B6: 0.84mg (42.1%), Calcium: 400.77mg (40.08%), Vitamin B3: 7.2mg (36.02%), Potassium: 1260.34mg (36.01%), Magnesium: 124.58mg (31.14%), Vitamin B2: 0.48mg (28.51%), Copper: 0.57mg (28.38%), Vitamin B1: 0.33mg (21.81%), Vitamin E: 3.26mg (21.71%), Folate: 86.32µg (21.58%), Vitamin K: 20.75µg (19.77%), Vitamin C: 10.79mg (13.07%), Vitamin B5: 1.27mg (12.7%), Vitamin D: 0.28µg (1.89%)