



Slow Cooker Beef and Chorizo Chili

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

READY IN



330 min.

SERVINGS



12

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup tortilla chips diced for garnish
- 0.3 teaspoon pepper black freshly ground
- 45 ounce pinto beans drained canned
- 2 cups chicken broth
- 3 tablespoons chili powder
- 1 pound chorizo
- 3 tablespoons olive oil extra virgin
- 2 tablespoons ground cumin

- 0.5 teaspoon kosher salt
- 1 pound ground beef lean
- 1 large onion finely chopped
- 20 ounce canned tomatoes canned
- 6 ounce canned tomatoes canned
- 1 bag tortilla chips

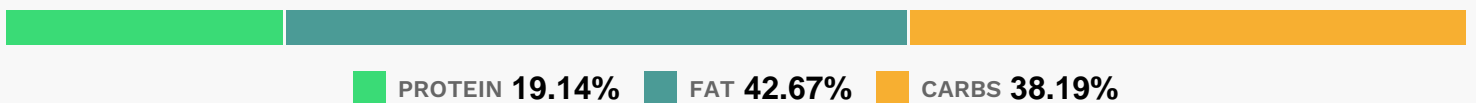
Equipment

- bowl
- dutch oven
- slow cooker

Directions

- Heat oil in large dutch oven.
- Saute onion for 5 minutes, stirring often until softened.
- Add beef and chorizo, stirring and cooking until browned.
- Add broth, tomatoes, tomato paste, chili powder, cumin, salt and pepper.
- Transfer to slow cooker and cook on low for 2-5 hours. Top bowls of chili with avocado, cilantro, tortilla chips and sour cream if desired.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:5.63, Inflammation Score:-7, Nutrition Score:16.84739112854%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 474.87kcal (23.74%), Fat: 22.81g (35.1%), Saturated Fat: 5.92g (37%), Carbohydrates: 45.93g (15.31%), Net Carbohydrates: 37.36g (13.59%), Sugar: 3.97g (4.42%), Cholesterol: 47.84mg (15.95%), Sodium: 727.38mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.04%), Fiber: 8.57g (34.29%), Iron: 5.46mg (30.34%), Phosphorus: 282.28mg (28.23%), Manganese: 0.51mg (25.56%), Vitamin E: 3.78mg (25.21%), Magnesium: 89.61mg (22.4%), Zinc: 3.3mg (21.98%), Vitamin B6: 0.43mg (21.27%), Potassium: 701.96mg (20.06%), Vitamin B3: 3.55mg (17.74%), Copper: 0.33mg (16.72%), Vitamin A: 828.78IU (16.58%), Vitamin K: 16.28µg (15.5%), Vitamin B12: 0.85µg (14.24%), Calcium: 131.1mg (13.11%), Selenium: 8.95µg (12.79%), Vitamin B1: 0.18mg (11.84%), Vitamin B2: 0.18mg (10.86%), Folate: 40.33µg (10.08%), Vitamin B5: 0.94mg (9.4%), Vitamin C: 7.46mg (9.04%)