



Slow-Cooker Beef-Vegetable Chili

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

READY IN



560 min.

SERVINGS



6

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds round steak boneless
- ☐ 1 cup onion coarsely chopped
- ☐ 12 oz savory vegetable mixed frozen thawed
- ☐ 29 ounces canned tomatoes diced with green chilies, undrained canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 15 oz kidney beans dark red rinsed drained canned
- ☐ 1.3 ounces chili seasoning
- ☐ 2 cups water

- ☐ 3 ounces cheddar cheese shredded
- ☐ 2 tablespoons cilantro leaves fresh chopped

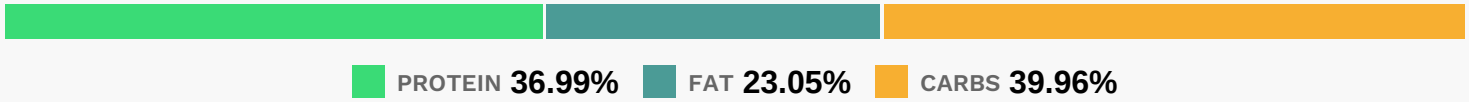
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray.
- ☐ Cut beef into 1/2-inch cubes. Cook beef and onion in skillet over medium-high heat 7 to 9 minutes, stirring occasionally, until beef is brown; drain.
- ☐ Mix beef mixture and remaining ingredients except cheese and cilantro in 3 1/2- to 4-quart slow cooker.
- ☐ Cover and cook on Low heat setting 7 to 9 hours. Top individual servings with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:29.55, Glycemic Load:6.64, Inflammation Score:-10, Nutrition Score:39.364347846612%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 458.03kcal (22.9%), Fat: 12.06g (18.56%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 30.75g (11.18%), Sugar: 5.28g (5.86%), Cholesterol: 85.62mg (28.54%), Sodium: 480.35mg (20.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.54g (87.08%), Vitamin A: 6102.91IU (122.06%), Fiber: 16.29g (65.17%), Vitamin B6: 1.25mg (62.71%), Phosphorus: 579.68mg (57.97%), Selenium: 39.09µg (55.84%), Vitamin B3: 10.99mg (54.97%), Iron: 9.03mg (50.18%), Zinc: 7.28mg (48.55%), Folate: 188.54µg (47.13%),

Manganese: 0.89mg (44.66%), Potassium: 1466.08mg (41.89%), Vitamin B12: 2.29µg (38.22%), Vitamin B2: 0.58mg (33.95%), Magnesium: 131.56mg (32.89%), Vitamin B1: 0.49mg (32.48%), Copper: 0.64mg (31.98%), Vitamin C: 23.47mg (28.44%), Calcium: 246.31mg (24.63%), Vitamin E: 3.13mg (20.85%), Vitamin K: 16.89µg (16.09%), Vitamin B5: 1.55mg (15.46%), Vitamin D: 0.2µg (1.32%)