



 **100%**
HEALTH SCORE

Slow-Cooker Sirloin and Black Bean Chili

 Very Healthy

READY IN



495 min.

SERVINGS



6

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 2 lb beef top sirloin steaks boneless cut into 1-inch cubes
- 45 oz black beans rinsed drained canned
- 29 oz canned tomatoes diced with green chiles, undrained canned
- 10 oz suya seasoning mix frozen thawed
- 12 oz beer dark room temperature
- 2 tablespoons chili powder
- 3 teaspoons ground cumin

- 1 teaspoon salt
- 1 medium tomatoes chopped
- 1 cup queso fresco crumbled
- 1 serving spring onion sliced
- 1 serving jalapeno red sliced
- 1 serving lime wedges

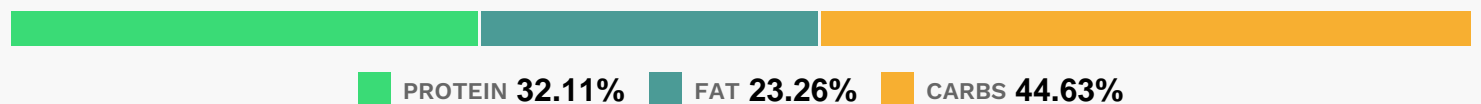
Equipment

- frying pan
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In 12-inch skillet, heat 1 tablespoon of the oil over medium-high heat.
- Add half of the beef; cook 3 to 4 minutes, stirring frequently, until browned on all sides.
- Place beef in slow cooker. Repeat with remaining 1 tablespoon oil and beef.
- Stir black beans, diced tomatoes, seasoning blend, beer, chili powder, cumin and salt into slow cooker.
- Cover; cook on Low heat setting 8 hours. Top individual servings with chopped tomato and cheese.
- Garnish with green onions, jalapeños and lime wedges.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:61.995652084765%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg,

Hesperetin: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 674.66kcal (33.73%), Fat: 18.19g (27.98%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 78.54g (26.18%), Net Carbohydrates: 41.11g (14.95%), Sugar: 6.45g (7.17%), Cholesterol: 103.24mg (34.41%), Sodium: 1515.82mg (65.91%), Alcohol: 2.21g (100%), Alcohol %: 0.43% (100%), Protein: 56.5g (112.99%), Vitamin K: 314.51µg (299.54%), Manganese: 3.09mg (154.38%), Fiber: 37.43g (149.74%), Iron: 26.44mg (146.92%), Calcium: 1043.28mg (104.33%), Vitamin B6: 1.83mg (91.57%), Selenium: 56.47µg (80.66%), Vitamin E: 11.6mg (77.31%), Vitamin B3: 15.05mg (75.24%), Phosphorus: 749.22mg (74.92%), Folate: 281.74µg (70.43%), Magnesium: 270.27mg (67.57%), Potassium: 2211.14mg (63.18%), Zinc: 9.39mg (62.61%), Vitamin B2: 0.84mg (49.65%), Copper: 0.98mg (48.84%), Vitamin A: 2122.19IU (42.44%), Vitamin B1: 0.59mg (39.27%), Vitamin B12: 1.77µg (29.57%), Vitamin C: 22.95mg (27.82%), Vitamin B5: 2.12mg (21.16%), Vitamin D: 0.55µg (3.66%)