



 **100%**
HEALTH SCORE

Slow-Cooker Sirloin and Black Bean Chili

 Very Healthy

READY IN



495 min.

SERVINGS



6

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 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
- 2 tablespoons chili powder
- 12 oz beer dark room temperature
- 6 servings spring onion sliced
- 3 teaspoons ground cumin
- 6 servings lime wedges

- 10 oz suya seasoning mix frozen thawed
- 1 cup queso fresco crumbled
- 6 servings jalapeno red sliced
- 1 teaspoon salt
- 1 medium tomatoes chopped
- 2 tablespoons vegetable oil

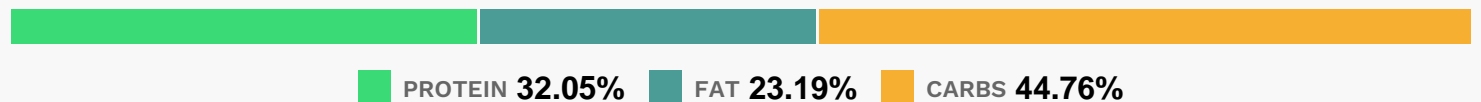
Equipment

- 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, jalapeos and lime wedges.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:62.338261075642%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg,

Hesperetin: 0.43mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 676.84kcal (33.84%), Fat: 18.2g (28.01%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 79.07g (26.36%), Net Carbohydrates: 41.47g (15.08%), Sugar: 6.63g (7.36%), Cholesterol: 103.24mg (34.41%), Sodium: 1516.71mg (65.94%), Alcohol: 2.21g (100%), Alcohol %: 0.42% (100%), Protein: 56.61g (113.22%), Vitamin K: 324.98µg (309.51%), Manganese: 3.1mg (154.86%), Fiber: 37.6g (150.4%), Iron: 26.53mg (147.4%), Calcium: 1047.27mg (104.73%), Vitamin B6: 1.84mg (91.96%), Selenium: 56.5µg (80.72%), Vitamin E: 11.63mg (77.55%), Vitamin B3: 15.09mg (75.43%), Phosphorus: 751.58mg (75.16%), Folate: 285.19µg (71.3%), Magnesium: 271.51mg (67.88%), Potassium: 2228.48mg (63.67%), Zinc: 9.41mg (62.77%), Vitamin B2: 0.85mg (49.93%), Copper: 0.98mg (49.12%), Vitamin A: 2180.39IU (43.61%), Vitamin B1: 0.59mg (39.51%), Vitamin C: 25.33mg (30.7%), Vitamin B12: 1.77µg (29.57%), Vitamin B5: 2.12mg (21.24%), Vitamin D: 0.55µg (3.66%)