



Slow-Cooker Southwest Chili

 Gluten Free

READY IN



390 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound round steak boneless cut into 1/2-inch pieces
- 1 cup onion chopped
- 2 medium celery stalks cut into 1/2-inch pieces
- 28 oz canned tomatoes diced organic undrained canned
- 15 oz tomato sauce organic canned
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 0.3 teaspoon oregano dried

- 0.3 teaspoon ground cinnamon
- 1 medium bell pepper cut into 1-inch pieces (1 cup)
- 19 oz beans red rinsed drained canned
- 1 serving cheddar cheese shredded

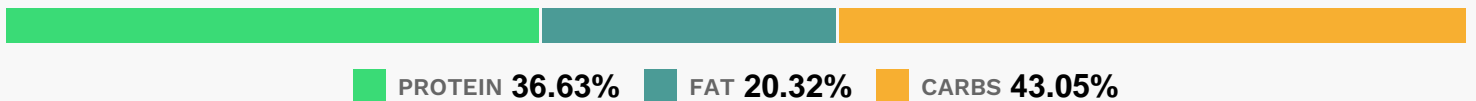
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix all ingredients except bell pepper, beans and cheese.
- Cover; cook on Low heat setting 6 to 7 hours.
- Stir in bell pepper and beans. Increase heat setting to High; uncover and cook about 15 minutes longer or until slightly thickened.
- Serve with cheese. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:6.92, Inflammation Score:-8, Nutrition Score:20.521739223729%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 210.04kcal (10.5%), Fat: 4.95g (7.62%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 16.32g (5.94%), Sugar: 9.07g (10.08%), Cholesterol: 39.47mg (13.16%), Sodium: 627.5mg (27.28%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.18%), Vitamin C: 33.99mg (41.2%), Vitamin B6: 0.72mg (36.08%), Vitamin B3: 6.27mg (31.36%), Fiber: 7.29g (29.17%), Phosphorus: 275.31mg (27.53%), Selenium: 19.23µg (27.48%), Manganese: 0.53mg (26.48%), Potassium: 913.93mg (26.11%), Iron: 4.45mg (24.71%), Vitamin A: 1181.67IU (23.63%), Zinc: 3.5mg (23.36%), Copper: 0.42mg (21.17%), Vitamin B12: 1.11µg (18.52%), Vitamin E: 2.77mg (18.5%), Magnesium: 70.25mg (17.56%), Vitamin B2: 0.27mg (15.76%), Vitamin B1: 0.24mg (15.74%), Folate: 54.76µg (13.69%), Vitamin K: 12.61µg (12.01%), Calcium: 113.35mg (11.34%), Vitamin B5: 1.01mg (10.07%)