



WHATSheATE



Slow-Cooker Spicy Black Bean and Barbecue Chili



Gluten Free



Dairy Free

READY IN



825 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 14.5 ounces canned tomatoes diced with green chilies, undrained canned
- ☐ 1 chipotles in adobo finely chopped
- ☐ 1 pound black beans dried rinsed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 6 cloves garlic finely chopped
- ☐ 1 cup onion chopped

- ☐ 1 cup bell pepper green red chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups crumbles frozen
- ☐ 4 cups water
- ☐ 10 cups water

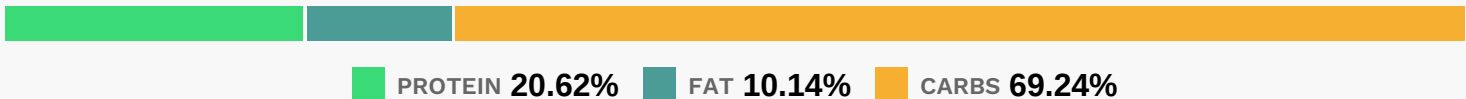
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Heat beans and 10 cups water to boiling in 4-quart Dutch oven; reduce heat. Simmer uncovered 10 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Heat oil in 10-inch skillet over medium-high heat. Cook onion and garlic in oil about 8 minutes, stirring occasionally, until onion is tender and light golden brown.
- ☐ Drain beans.
- ☐ Place beans in 3 1/2- to 4-quart slow cooker.
- ☐ Add 4 cups water and onion mixture.
- ☐ Cover and cook on low heat setting 10 to 12 hours or until beans are tender. Stir in tomatoes, barbecue sauce, chili, adobo sauce and frozen veggie crumbles. Cover and cook on high heat setting 30 minutes.
- ☐ Serve chili sprinkled with bell pepper and cilantro.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:30.628695736761%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 431.69kcal (21.58%), Fat: 4.99g (7.68%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 76.68g (25.56%), Net Carbohydrates: 61.35g (22.31%), Sugar: 21.29g (23.65%), Cholesterol: 0mg (0%), Sodium: 648.69mg (28.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.67%), Folate: 350.15µg (87.54%), Vitamin B1: 1.09mg (72.77%), Fiber: 15.33g (61.3%), Manganese: 1.03mg (51.59%), Potassium: 1510.13mg (43.15%), Copper: 0.84mg (42.15%), Magnesium: 154.6mg (38.65%), Vitamin B12: 2.27µg (37.85%), Phosphorus: 361.27mg (36.13%), Vitamin C: 29.71mg (36.02%), Iron: 6.45mg (35.84%), Vitamin B6: 0.67mg (33.64%), Vitamin B3: 5.6mg (28.01%), Zinc: 3.41mg (22.72%), Vitamin B2: 0.28mg (16.52%), Calcium: 161.01mg (16.1%), Vitamin K: 15.31µg (14.58%), Vitamin B5: 0.92mg (9.18%), Vitamin E: 1.31mg (8.72%), Vitamin A: 337.58IU (6.75%), Selenium: 3.67µg (5.25%)