



Slow-Cooker Steak Chili

READY IN



45 min.

SERVINGS



8

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef round steak cut into 1-inch cubes
- ☐ 29 oz tomatoes diced canned
- ☐ 30 oz kidney beans drained and rinsed canned
- ☐ 15 oz tomato sauce canned
- ☐ 1 cup celery chopped
- ☐ 8 servings garnish: cheddar cheese shredded sour crushed
- ☐ 1.5 tablespoons chili powder
- ☐ 0.1 cup cornmeal
- ☐ 0.1 cup flour all-purpose

- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons oil
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 16 oz salsa
- ☐ 1.3 cups water divided

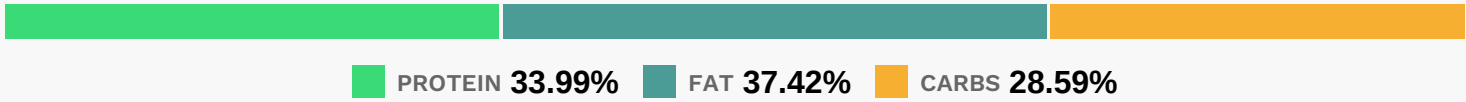
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Brown beef, onion and garlic in hot oil in a large skillet over medium heat; drain.
- ☐ Add beef mixture to a 5-quart slow cooker. Stir in one cup water and next 9 ingredients; mix well. Cover and cook on low setting for 8 hours.
- ☐ Combine flour, cornmeal and remaining water in a small bowl, whisking until smooth.
- ☐ Add mixture to simmering chili right before serving; stir for 2 minutes or until thickened.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:49.81, Glycemic Load:9.3, Inflammation Score:-9, Nutrition Score:32.750869709512%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 482.56kcal (24.13%), Fat: 20.41g (31.4%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 24.91g (9.06%), Sugar: 10.18g (11.31%), Cholesterol: 101.44mg (33.81%), Sodium: 1342.5mg (58.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.72g (83.44%), Selenium: 44.48µg (63.54%), Vitamin B6: 1.23mg (61.63%), Phosphorus: 580.75mg (58.07%), Vitamin B3: 10.72mg (53.58%), Zinc: 7.25mg (48.36%), Vitamin B12: 2.46µg (41.02%), Fiber: 10.18g (40.72%), Potassium: 1324.28mg (37.84%), Iron: 6.32mg (35.12%), Calcium: 347.54mg (34.75%), Manganese: 0.68mg (34.2%), Vitamin B2: 0.54mg (31.89%), Vitamin A: 1433.37IU (28.67%), Magnesium: 108.22mg (27.06%), Vitamin E: 4.03mg (26.89%), Copper: 0.5mg (25.18%), Vitamin B1: 0.35mg (23.64%), Vitamin C: 18.09mg (21.92%), Vitamin K: 22.99µg (21.89%), Folate: 79.7µg (19.93%), Vitamin B5: 1.54mg (15.41%), Vitamin D: 0.29µg (1.96%)