



Slow-Cooker Texas Chuck Wagon Chili

 Gluten Free

READY IN



605 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 4 large onion cut into eighths
- ☐ 4 pounds brisket fresh trimmed of fat cut into 1-inch pieces (not corned beef)
- ☐ 1.5 tablespoons garlic finely chopped
- ☐ 2.5 teaspoons salt
- ☐ 0.5 teaspoon pepper
- ☐ 2 ancho chili pepper dried coarsely chopped
- ☐ 2 tablespoons ground cumin

- ☐ 3 cups beef broth flavored (from 32-ounce carton)
- ☐ 2 large bell pepper green red yellow cut into 2 1/2-inch strips
- ☐ 1 serving cheddar cheese shredded

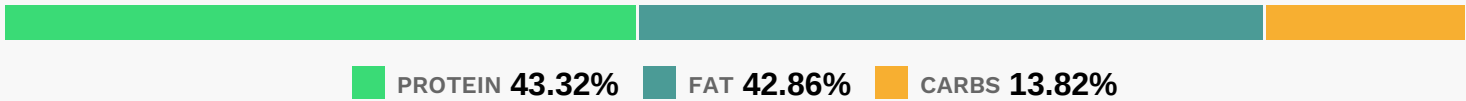
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Heat oil in 4-quart Dutch oven over medium-high heat. Cook onions in oil 5 to 6 minutes, stirring frequently, until softened.
- ☐ Stir in beef, garlic, salt and pepper. Cook about 13 minutes, stirring occasionally, until beef is lightly browned; drain.
- ☐ Place beef mixture in 6-quart slow cooker. Stir in chilies, cumin and broth.
- ☐ Cover and cook on Low heat setting 8 to 9 hours.
- ☐ Stir in bell peppers. Increase heat setting to High. Cover and cook 10 to 12 minutes or until bell peppers are hot.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:1.87, Inflammation Score:-9, Nutrition Score:32.373912952516%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg

Nutrients (% of daily need)

Calories: 477.91kcal (23.9%), Fat: 22.59g (34.75%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 11.68g (4.25%), Sugar: 7.82g (8.69%), Cholesterol: 144.36mg (48.12%), Sodium: 1280.2mg (55.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.37g (102.74%), Vitamin B12: 5.61µg (93.56%), Zinc: 10.28mg (68.5%), Vitamin B6: 1.24mg (62.12%), Selenium: 39.87µg (56.95%), Phosphorus: 538.58mg (53.86%), Vitamin B3: 10.76mg (53.81%), Vitamin C: 41.85mg (50.72%), Vitamin A: 2528.34IU (50.57%), Iron: 6.38mg (35.44%), Potassium: 1179.44mg (33.7%), Vitamin B2: 0.56mg (33.23%), Vitamin K: 22.4µg (21.34%), Vitamin B1: 0.31mg (20.48%), Magnesium: 80.37mg (20.09%), Fiber: 4.7g (18.82%), Manganese: 0.35mg (17.63%), Copper: 0.28mg (13.93%), Vitamin B5: 1.05mg (10.54%), Folate: 41.49µg (10.37%), Vitamin E: 1.53mg (10.17%), Calcium: 86.22mg (8.62%)