



## Smoked Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 22 ounce beer smoked
- 28 ounce canned tomatoes crushed canned
- 3 ounces mild chicken sausage smoked ( 1 link)
- 2 tablespoons chili powder
- 0.5 cup kidney beans dried drained
- 1 small fennel bulb
- 1 teaspoon fennel seeds whole
- 4 medium garlic clove finely chopped

- 2 teaspoons granulated sugar
- 12 ounces ground beef
- 0.3 teaspoon ground pepper
- 2 teaspoons ground cumin
- 4 ounces ground pork
- 2 teaspoons kosher salt as needed plus more
- 1 tablespoon olive oil
- 2 tablespoons to 5 chilies red such as fresno peppers coarsely chopped
- 6 medium spring onion light white green thinly sliced
- 8 servings cream sour for garnish
- 1 tablespoon tomato paste
- 1 large onion yellow

## Equipment

- wooden spoon
- dutch oven

## Directions

- Heat the oil in a large Dutch oven or large, heavy-bottomed pot with a tightfitting lid over medium-high heat until shimmering.
- Add the beef, pork, and sausage and cook, stirring to break up the meat with a wooden spoon, until the meat is browned and no bits of pink remain, about 5 to 6 minutes. Stir in onion, fennel, chiles, garlic, chili powder, cumin, 1 teaspoon of the salt, fennel seed, cayenne pepper, and tomato paste, and cook until the vegetables are softened, about 4 to 5 minutes.
- Add the beer and bring to a boil. Simmer until the beer flavor is cooked off, about 5 minutes. Stir in the remaining 1 teaspoon salt, tomatoes, kidney beans, and sugar. Bring the chili to a boil, cover, reduce heat to low, and simmer until beans are tender, about 1 1/2 hours. Taste and season with salt as needed.
- Serve the chili garnished with the scallions, sour cream, and, of course, a glass of smoked beer.

## Nutrition Facts

PROTEIN 20.81% FAT 48.01% CARBS 31.18%

## Properties

Glycemic Index:55.82, Glycemic Load:7.33, Inflammation Score:-8, Nutrition Score:20.400434795929%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Pelargonidin: 0.55mg, Pelargonidin: 0.55mg, Pelargonidin: 0.55mg, Pelargonidin: 0.55mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 347.78kcal (17.39%), Fat: 18.07g (27.79%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 20.21g (7.35%), Sugar: 8.97g (9.96%), Cholesterol: 54.98mg (18.33%), Sodium: 933.82mg (40.6%), Alcohol: 3.04g (100%), Alcohol %: 1.13% (100%), Protein: 17.62g (35.24%), Vitamin K: 52.6µg (50.1%), Vitamin C: 23.46mg (28.44%), Vitamin B6: 0.56mg (27.93%), Manganese: 0.53mg (26.43%), Potassium: 910.04mg (26%), Fiber: 6.19g (24.74%), Vitamin B3: 4.94mg (24.7%), Iron: 4.41mg (24.5%), Vitamin A: 1170.37IU (23.41%), Phosphorus: 230.16mg (23.02%), Folate: 87.78µg (21.94%), Vitamin B1: 0.31mg (20.45%), Zinc: 3.02mg (20.15%), Vitamin E: 2.88mg (19.22%), Copper: 0.38mg (19.03%), Selenium: 12.89µg (18.42%), Vitamin B12: 1.05µg (17.5%), Magnesium: 68.57mg (17.14%), Vitamin B2: 0.27mg (15.63%), Calcium: 113.59mg (11.36%), Vitamin B5: 0.88mg (8.82%)