



Smoke's Chili

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce beer
- 1 tablespoon brown sugar
- 30 ounce kidney beans drained canned
- 28 ounce canned tomatoes whole undrained chopped canned
- 2 tablespoons chili powder
- 3.5 pounds boned chuck roast lean cut into 1/2-inch pieces
- 0.3 teaspoon pepper red crushed
- 1 garlic clove minced

- 3 cups bell pepper green chopped
- 1.3 teaspoons ground cumin
- 0.8 cup cup heavy whipping cream sour low-fat
- 3 ounces monterrey jack cheese shredded reduced-fat
- 1.5 cups onion chopped
- 1.5 teaspoons oregano dried
- 0.5 teaspoon salt
- 12 ounce tomato paste canned
- 2 teaspoons vegetable oil divided

Equipment

- frying pan
- ziploc bags
- dutch oven

Directions

- Heat 1/2 teaspoon oil in a large Dutch oven over medium-high heat; add half of meat. Cook 10 minutes or until browned; remove from heat, and drain. Repeat procedure with 1/2 teaspoon oil and remaining meat; set aside.
- Heat 1 teaspoon oil in pan over medium heat.
- Add bell pepper, onion, red pepper, and garlic; saute 8 minutes or until vegetables are tender.
- Add chili powder and cumin; cook 1 minute, stirring constantly.
- Add meat, sugar, and next 5 ingredients (sugar through beer); bring to a boil. Cover, reduce heat, and simmer 45 minutes.
- Add beans, and simmer, uncovered, an additional 40 minutes or until meat is tender.
- Serve with sour cream and cheese.
- Note: To freeze, cool chili, and place in an airtight freezer container or a heavy-duty zip-top plastic bag. Freeze chili up to 3 months.

Nutrition Facts



■ PROTEIN 32.21% ■ FAT 43.89% ■ CARBS 23.9%

Properties

Glycemic Index:22.71, Glycemic Load:6.42, Inflammation Score:-8, Nutrition Score:27.974347378897%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 415.53kcal (20.78%), Fat: 20.47g (31.49%), Saturated Fat: 9.25g (57.8%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 17.95g (6.53%), Sugar: 8.36g (9.29%), Cholesterol: 102.62mg (34.21%), Sodium: 591.02mg (25.7%), Alcohol: 1.11g (100%), Alcohol %: 0.34% (100%), Protein: 33.8g (67.59%), Zinc: 11.09mg (73.95%), Vitamin B12: 3.74µg (62.28%), Vitamin C: 40.93mg (49.61%), Selenium: 30.69µg (43.85%), Vitamin B6: 0.87mg (43.5%), Phosphorus: 420.26mg (42.03%), Vitamin B3: 7.77mg (38.87%), Iron: 5.58mg (31.01%), Potassium: 1074.68mg (30.71%), Fiber: 7.14g (28.55%), Manganese: 0.51mg (25.73%), Vitamin B2: 0.37mg (21.85%), Copper: 0.41mg (20.73%), Magnesium: 79.72mg (19.93%), Vitamin B1: 0.28mg (18.51%), Vitamin A: 874.86IU (17.5%), Calcium: 169.59mg (16.96%), Vitamin K: 17.39µg (16.56%), Vitamin E: 2.29mg (15.26%), Vitamin B5: 1.27mg (12.72%), Folate: 47.78µg (11.94%), Vitamin D: 0.2µg (1.36%)