



Smokin' Texas Chili

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans red rinsed drained canned
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 3 cups chunky salsa pace®

- ☐ 1.5 pounds top round steak boneless cut into 1/2-inch pieces
- ☐ 0.5 cup water

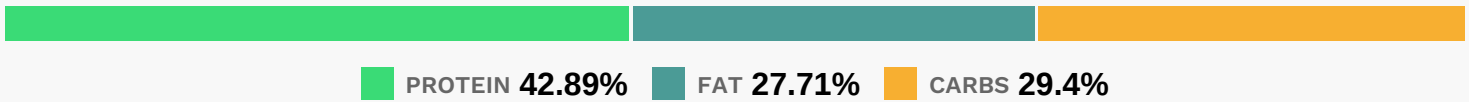
Equipment

- ☐ pot

Directions

- ☐ Heat 1 tablespoon oil in a 6-quart saucepot over medium-high heat.
- ☐ Add the beef in 2 batches and cook until it's well browned, stirring often.
- ☐ Remove the beef from the saucepot.
- ☐ Add the remaining oil and heat over medium heat.
- ☐ Add the onion and cook until it's tender.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Add the salsa, water, chili powder and cumin.
- ☐ Heat to a boil. Return the beef to the saucepot. Stir in the beans. Reduce the heat to low. Cover and cook for 1 hour. Uncover and cook for 30 minutes or until the beef is fork-tender.
- ☐ Sprinkle with the cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:3.99, Inflammation Score:-8, Nutrition Score:23.076521790546%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 296.63kcal (14.83%), Fat: 9.28g (14.28%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 15.2g (5.53%), Sugar: 7.16g (7.96%), Cholesterol: 69.17mg (23.06%), Sodium: 1131.53mg (49.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.64%), Vitamin B6: 1.12mg (56.01%), Selenium: 38.65µg (55.22%), Vitamin B3: 9.81mg (49.06%), Zinc: 6mg (40.02%), Phosphorus: 383.57mg (38.36%), Potassium: 1008.9mg (28.83%), Fiber: 6.95g (27.79%), Vitamin B12: 1.53µg (25.51%), Iron: 4.21mg (23.4%), Manganese: 0.45mg (22.3%), Vitamin A: 1069.01IU (21.38%), Vitamin E: 3.14mg (20.95%), Magnesium: 74.77mg (18.69%), Copper: 0.34mg (17.05%), Vitamin B1: 0.24mg (16.31%), Vitamin B2: 0.28mg (16.27%), Vitamin K: 16.12µg (15.35%), Vitamin B5: 1.17mg (11.69%), Folate: 43.84µg (10.96%), Calcium: 96.52mg (9.65%), Vitamin C: 4.92mg (5.96%)