



Smoky Barbecue Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds pork loin boneless trimmed cut into 1/2-inch pieces
- ☐ 2 chipotle sauce canned seeded chopped
- ☐ 30 ounce pinto beans rinsed drained canned
- ☐ 1 tablespoon canola oil divided
- ☐ 2 to 3 new mexican chiles dried red stemmed seeded
- ☐ 2 to 3 pasilla chiles stemmed seeded
- ☐ 2 tablespoons cider vinegar
- ☐ 2 tablespoons brown sugar dark

- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 6 garlic cloves coarsely chopped
- ☐ 1 tablespoon dijon honey mustard
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups no-salt-added tomato puree
- ☐ 1.3 pounds top round trimmed cut into 1/2-inch pieces
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 cups onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

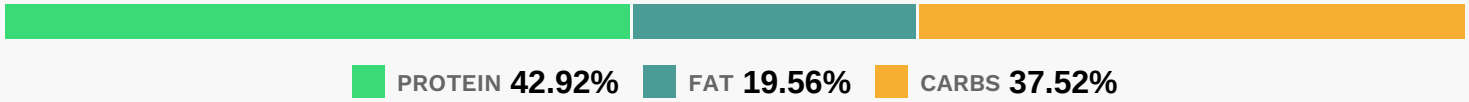
Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic to pan; saut 5 minutes.
- ☐ Add chiles; cook 2 minutes.
- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chiles are tender. Cool slightly.
- ☐ Place half of chile mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid spills). Blend until smooth.
- ☐ Pour into a medium bowl. Repeat procedure with remaining chile mixture.
- ☐ Heat 1 1/2 teaspoons oil in a Dutch oven over medium-high heat.
- ☐ Add beef; cook 7 minutes or until browned.

- ☐
- Remove from pan.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:7.67, Inflammation Score:-8, Nutrition Score:28.643478212149%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

Nutrients (% of daily need)

Calories: 367.35kcal (18.37%), Fat: 7.98g (12.28%), Saturated Fat: 2g (12.51%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 27.04g (9.83%), Sugar: 12.48g (13.87%), Cholesterol: 87.88mg (29.29%), Sodium: 802.23mg (34.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.41g (78.82%), Vitamin B6: 1.38mg (69.14%), Selenium: 45.02µg (64.31%), Vitamin B3: 10.77mg (53.86%), Vitamin C: 43.09mg (52.23%), Phosphorus: 472.38mg (47.24%), Potassium: 1291.6mg (36.9%), Zinc: 5.5mg (36.64%), Vitamin B1: 0.5mg (33.1%), Manganese: 0.64mg (31.86%), Fiber: 7.42g (29.68%), Iron: 5.15mg (28.59%), Copper: 0.54mg (26.82%), Magnesium: 101.65mg (25.41%), Vitamin B12: 1.43µg (23.86%), Vitamin B2: 0.35mg (20.41%), Vitamin E: 2.51mg (16.7%), Vitamin B5: 1.61mg (16.06%), Folate: 55.35µg (13.84%), Calcium: 108.8mg (10.88%), Vitamin A: 509.36IU (10.19%), Vitamin K: 9.65µg (9.19%), Vitamin D: 0.28µg (1.89%)