



Smoky Beef-and-Bacon Chili

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz pinto beans drained canned
- ☐ 8 oz tomato sauce canned
- ☐ 14.5 oz canned tomatoes crushed canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 1 large garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 pounds ground beef lean

- ☐ 1 large onion finely chopped
- ☐ 1.5 teaspoons paprika smoked sweet spanish (pimentón dulce)
- ☐ 1 tsp salt
- ☐ 6 servings cup heavy whipping cream shredded sour sliced for topping
- ☐ 2 slices bacon thick-cut finely chopped
- ☐ 1 teaspoon worcestershire
- ☐ 1 cup flavorful such as anchor steam
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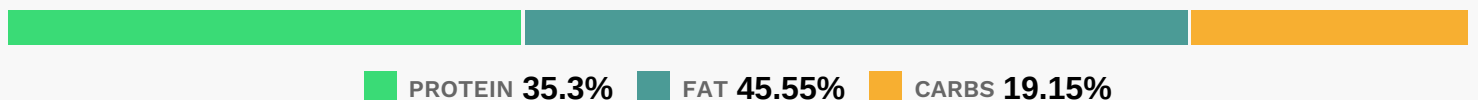
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a large, heavy-bottomed pot over medium-high heat, cook bacon, stirring until it just begins to brown, about 4 minutes.
- ☐ Add onion, lower heat to medium, cover, and cook, stirring occasionally, until translucent, 4 to 7 minutes. Uncover pan, stir in garlic, and cook 1 minute.
- ☐ Increase heat to medium-high and add ground beef; break it up with a wooden spoon and stir gently until it loses its raw color, 7 minutes. Stir in spices and 1 tsp. salt and cook 1 minute.
- ☐ Add tomatoes, tomato sauce, beer, and Worcestershire and bring to a boil. Reduce heat to medium-low, cover partially, and cook 30 minutes.
- ☐ Add beans and cook 10 minutes, uncovered. Season to taste with salt.
- ☐ Serve warm, with toppings on the side.
- ☐ *Find at well-stocked grocery stores and from spanishtable.com.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:4.71, Inflammation Score:-8, Nutrition Score:23.165651995203%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 427.89kcal (21.39%), Fat: 21.55g (33.16%), Saturated Fat: 10.07g (62.94%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 14.97g (5.45%), Sugar: 5.07g (5.63%), Cholesterol: 108.23mg (36.08%), Sodium: 1243.53mg (54.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.58g (75.16%), Zinc: 7.64mg (50.93%), Vitamin B12: 2.92µg (48.64%), Phosphorus: 469.61mg (46.96%), Selenium: 31.41µg (44.87%), Vitamin B3: 7.57mg (37.84%), Vitamin B6: 0.67mg (33.3%), Calcium: 299.36mg (29.94%), Iron: 5.33mg (29.64%), Vitamin A: 1461.39IU (29.23%), Potassium: 836.85mg (23.91%), Vitamin B2: 0.39mg (22.97%), Fiber: 5.42g (21.67%), Manganese: 0.37mg (18.31%), Magnesium: 70.49mg (17.62%), Vitamin E: 2.26mg (15.04%), Copper: 0.29mg (14.61%), Vitamin B5: 1.19mg (11.87%), Vitamin B1: 0.15mg (10.33%), Folate: 37.5µg (9.38%), Vitamin C: 6.67mg (8.09%), Vitamin K: 5.65µg (5.38%), Vitamin D: 0.34µg (2.28%)