



Southwestern Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 2 teaspoons chili powder
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 cup green onions chopped
- ☐ 0.5 teaspoon chipotle chili powder

- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 pound ground sirloin chili-style
- ☐ 15 ounce hominy yellow rinsed drained canned
- ☐ 2 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 cup onion chopped
- ☐ 15 ounce kidney beans dark red rinsed drained canned
- ☐ 7 ounce salsa verde canned (such as Herdez)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound cajun sausage smoked chopped (such as Conecuh)

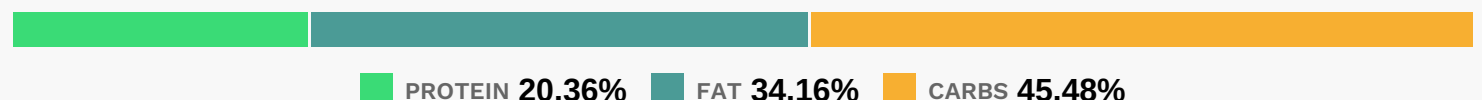
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add salt and beef to pan; cook 5 minutes or until browned, stirring gently.
- ☐ Remove from pan.
- ☐ Add onion, green onions, bell pepper, and sausage to pan; saut 5 minutes or until sausage is lightly browned.
- ☐ Add garlic; saut 1 minute.
- ☐ Add beer, scraping pan to loosen browned bits. Return beef to pan. Stir in chili powder and next 8 ingredients (through salsa verde); bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Stir in masa; cook 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.3, Glycemic Load:8.99, Inflammation Score:-8, Nutrition Score:25.615652364233%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 441.8kcal (22.09%), Fat: 16.56g (25.47%), Saturated Fat: 5.23g (32.66%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 37.4g (13.6%), Sugar: 9.6g (10.66%), Cholesterol: 45.04mg (15.01%), Sodium: 1129.94mg (49.13%), Alcohol: 1.9g (100%), Alcohol %: 0.49% (100%), Protein: 22.2g (44.4%), Manganese: 1.16mg (58.24%), Fiber: 12.22g (48.86%), Vitamin B6: 0.82mg (40.9%), Vitamin K: 42.62µg (40.59%), Folate: 136.07µg (34.02%), Iron: 6.1mg (33.86%), Phosphorus: 313.27mg (31.33%), Zinc: 4.36mg (29.06%), Potassium: 1010.95mg (28.88%), Vitamin C: 22.76mg (27.59%), Copper: 0.55mg (27.59%), Vitamin B3: 5.15mg (25.76%), Vitamin B1: 0.37mg (24.87%), Magnesium: 99.13mg (24.78%), Selenium: 15.03µg (21.48%), Vitamin B12: 1.2µg (20.03%), Vitamin A: 818.76IU (16.38%), Vitamin B2: 0.27mg (16.14%), Vitamin E: 1.97mg (13.14%), Calcium: 117.76mg (11.78%), Vitamin B5: 1.13mg (11.29%), Vitamin D: 0.39µg (2.59%)