



Spicy Beef Chili

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce black beans drained and rinsed canned
- 16 ounce canned tomatoes crushed canned
- 0.3 teaspoon cayenne pepper to taste
- 1 tablespoon chili powder
- 16 ounce corn chips
- 1 clove garlic minced
- 2 cloves garlic chopped
- 1 pound coarsely ground beef chuck

- 0.5 teaspoon ground chipotle pepper to taste
- 0.5 jalapeno halved seeded chopped
- 2 tablespoons olive oil
- 1 bell pepper red seeded chopped
- 0.5 teaspoon sage leaves dried
- 6 servings salt to taste
- 0.5 shallots chopped
- 1 teaspoon thyme leaves dried
- 1 cup gallo burgundy wine
- 1 medium onion yellow chopped

Equipment

- frying pan
- pot

Directions

- In a medium, hot soup pot brown the chuck with the thyme, sage and garlic. When browned remove and drain beef. Set aside. In the same pot heat the oil and add the onion, garlic, shallot, red bell pepper and jalapeno.
- Saute until vegetables begin to brown, about 7 to 10 minutes.
- Add chili powder, cayenne pepper, chipotle pepper, salt and cook, stirring, until spices begin to stick to the pan.
- Add Gallo burgundy and cook until liquid is reduced by 1 half.
- Add tomatoes and bring to a boil. Stir in beans and reserved beef and simmer, partially covered, over medium low heat for 1 hour.
- Serve with corn chips. Chili may be made, up to 2 days in advance and kept covered and refrigerated. Reheat to serve.

Nutrition Facts



■ PROTEIN 12.48% ■ FAT 52.99% ■ CARBS 34.53%

Properties

Glycemic Index:51.83, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:28.077825960906%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 788.58kcal (39.43%), Fat: 45.8g (70.46%), Saturated Fat: 9.87g (61.71%), Carbohydrates: 67.17g (22.39%), Net Carbohydrates: 56.03g (20.37%), Sugar: 5.8g (6.44%), Cholesterol: 53.68mg (17.89%), Sodium: 1051.93mg (45.74%), Alcohol: 4.16g (100%), Alcohol %: 1.34% (100%), Protein: 24.26g (48.53%), Vitamin E: 8.35mg (55.67%), Copper: 0.95mg (47.43%), Vitamin C: 38.37mg (46.5%), Fiber: 11.14g (44.56%), Manganese: 0.83mg (41.39%), Phosphorus: 399.43mg (39.94%), Vitamin B6: 0.69mg (34.6%), Zinc: 4.98mg (33.23%), Iron: 5.49mg (30.49%), Magnesium: 121.65mg (30.41%), Vitamin B3: 5.72mg (28.62%), Selenium: 19.27µg (27.53%), Vitamin B12: 1.62µg (26.96%), Potassium: 925.16mg (26.43%), Vitamin A: 1294.97IU (25.9%), Vitamin B2: 0.35mg (20.67%), Folate: 82.02µg (20.5%), Calcium: 190.21mg (19.02%), Vitamin B1: 0.26mg (17.41%), Vitamin K: 15.9µg (15.14%), Vitamin B5: 1.29mg (12.89%)