



 **56%**
HEALTH SCORE

Spicy Slow Cooker Beef Chili

 **Gluten Free**

READY IN



525 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce kidney beans drained and rinsed canned
- 14 ounce tomato sauce canned
- 28 ounce canned tomatoes diced canned
- 0.3 cup chili powder
- 6 medium garlic clove finely chopped
- 1 tablespoon ground cumin
- 1.5 teaspoons kosher salt as needed plus more
- 2 pounds ground beef lean

- 0.3 cup to 2 chilies slit green drained coarsely chopped
- 1 medium bell pepper red
- 6 servings spring onion thinly sliced
- 6 servings cheddar cheese shredded
- 6 servings cream sour
- 3 tablespoons vegetable oil
- 2 medium onion yellow

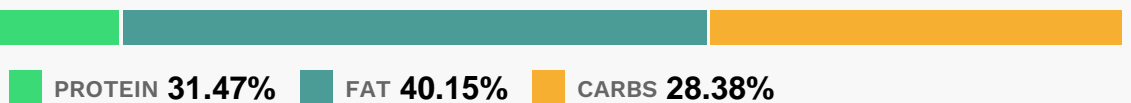
Equipment

- frying pan
- wooden spoon
- slow cooker

Directions

- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the onions and bell pepper, season with salt, and cook, stirring occasionally, until softened, about 8 minutes.
- Add the garlic, chili powder, and cumin, stir to coat the vegetables, and cook until fragrant, about 1 minute.
- Add the ground beef and measured salt and cook, breaking the meat into small pieces with a wooden spoon, until the beef is no longer pink, about 7 minutes.
- Transfer the mixture to the slow cooker, add the diced tomatoes and their juices, tomato sauce, and beans, and stir to combine. Cover and cook until the chili thickens and the flavors meld, about 8 hours on low or 6 hours on high. Stir in the jalapeños or green chiles. Taste and season with salt as needed, and serve with the cheese, scallions, and sour cream.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:12.46, Inflammation Score:-10, Nutrition Score:48.380434658216%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 645.89kcal (32.29%), Fat: 29.72g (45.72%), Saturated Fat: 11.88g (74.28%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 31.26g (11.37%), Sugar: 14.8g (16.45%), Cholesterol: 130.82mg (43.61%), Sodium: 1920.02mg (83.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.42g (104.84%), Vitamin A: 4563.58IU (91.27%), Zinc: 10.86mg (72.41%), Phosphorus: 713.5mg (71.35%), Vitamin B6: 1.35mg (67.42%), Fiber: 16.02g (64.08%), Vitamin B3: 12.78mg (63.92%), Vitamin B12: 3.73µg (62.17%), Vitamin C: 49.1mg (59.52%), Selenium: 40.72µg (58.17%), Iron: 10.46mg (58.11%), Manganese: 1.08mg (53.82%), Vitamin E: 8.03mg (53.56%), Potassium: 1848.08mg (52.8%), Vitamin K: 52.6µg (50.09%), Vitamin B2: 0.73mg (43.14%), Copper: 0.79mg (39.72%), Calcium: 394.95mg (39.49%), Magnesium: 147.83mg (36.96%), Vitamin B1: 0.41mg (27.08%), Folate: 97.47µg (24.37%), Vitamin B5: 2.11mg (21.09%), Vitamin D: 0.33µg (2.21%)