



 **72%**
HEALTH SCORE

Spicy Vegetarian Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



130 min.

SERVINGS



8

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 30 ounce pinto beans drained and rinsed canned
- 28 ounce canned tomatoes whole crushed canned
- 3 medium carrots finely chopped
- 0.5 head cauliflower
- 3 tablespoons chili powder
- 0.5 to 1 chipotle chile pepper in adobo sauce chopped
- 0.5 cup hot-brewed coffee brewed
- 2 corn tortillas

- 0.5 cup cilantro leaves fresh finely chopped for topping
- 6 cloves garlic finely chopped
- 2 teaspoons ground coriander
- 1 tablespoon ground cumin
- 8 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 1 large onion chopped
- 2 teaspoons oregano dried
- 2 large bell peppers green red chopped (1, 1)
- 1 tablespoon tomato paste
- 2 tablespoons cocoa powder unsweetened

Equipment

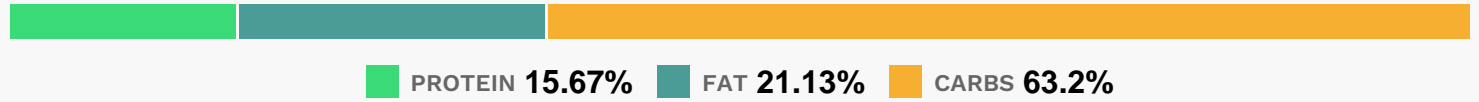
- bowl
- sauce pan
- ladle
- dutch oven
- box grater

Directions

- Heat the olive oil in a large saucepan or Dutch oven over medium-high heat.
- Add the onion, bell peppers, carrots and 1/2 teaspoon salt; cook, stirring frequently, until the carrots begin to soften, about 8 minutes.
- Add the garlic and cook 2 more minutes.
- Add the chili powder, cumin, coriander, oregano, chipotle, tomato paste and tortillas and cook, stirring, until the tomato paste is brick red, about 4 minutes (add a splash of water if the mixture begins to stick).
- Add the coffee and simmer until almost completely reduced, about 30 seconds. Stir in the tomatoes, cocoa powder, beans and 2 1/2 cups water and bring to a simmer over low heat. Cook, stirring occasionally, until the chili thickens slightly, about 1 hour, 30 minutes.

- Meanwhile, trim the large stems off the cauliflower and coarsely grate the florets on a box grater. About 10 minutes before the chili is done cooking, stir in the grated cauliflower. Cook 10 minutes, then remove from the heat. Stir in the chopped cilantro and season with salt.
- Add some water if the chili is too thick. Ladle into bowls and add toppings.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:45.79, Glycemic Load:10.29, Inflammation Score:-10, Nutrition Score:25.219130516052%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 221.85kcal (11.09%), Fat: 5.73g (8.81%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 26.68g (9.7%), Sugar: 9.79g (10.88%), Cholesterol: 0mg (0%), Sodium: 709.55mg (30.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.8mg (2.93%), Protein: 9.55g (19.1%), Vitamin A: 5192.75IU (103.85%), Vitamin C: 64.5mg (78.18%), Fiber: 11.85g (47.4%), Manganese: 0.91mg (45.68%), Vitamin K: 31.03µg (29.55%), Potassium: 1021.4mg (29.18%), Vitamin B6: 0.56mg (28.02%), Iron: 4.93mg (27.36%), Vitamin E: 4.08mg (27.2%), Copper: 0.53mg (26.56%), Magnesium: 92.28mg (23.07%), Phosphorus: 218.15mg (21.82%), Folate: 74.96µg (18.74%), Vitamin B1: 0.22mg (14.97%), Calcium: 148.76mg (14.88%), Vitamin B3: 2.78mg (13.9%), Vitamin B2: 0.18mg (10.61%), Zinc: 1.52mg (10.13%), Vitamin B5: 0.89mg (8.87%), Selenium: 2.74µg (3.92%)