



Sunny's Game Day Chili

READY IN



120 min.

SERVINGS



10

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 31 ounce .5 can cannellini beans rinsed drained canned
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon chili powder
- ☐ 1 pound mexican chorizo fresh uncooked 4 links
- ☐ 1 stick cinnamon 3-inch
- ☐ 20 corn tortillas blue
- ☐ 8 ounce possible garnishes: 1 container cream diced sour grated chopped
- ☐ 1 teaspoon thyme leaves dried

- ☐ 2 teaspoons fine-ground cornmeal
- ☐ 2 cloves garlic sliced
- ☐ 2 teaspoons gravy flavoring recommended: Gravy Master or Kitchen Bouquet
- ☐ 1 tablespoon ground cumin
- ☐ 2 pounds pd of ground turkey
- ☐ 1 tablespoon sauce red hot recommended: Frank's
- ☐ 1 teaspoon hungarian hot
- ☐ 1 jalapeño seeded chopped
- ☐ 1 large onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 roma tomatoes seeded chopped
- ☐ 10 servings salt
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 10 servings vegetable oil for frying

Equipment

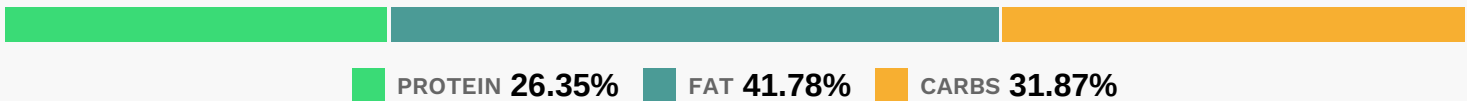
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large stock pot on medium-high heat add the vegetable oil, onion and jalapeno.
- ☐ Sprinkle with salt and saute until both are slightly tender.

- ☐ Remove the casing from the chorizo and add it to the pot. Using a wooden spoon or a potato masher, break up the links until they resemble ground meat.
- ☐ Saute until the orange-colored oil is released and the chorizo begins to slightly crisp about 10 minutes.
- ☐ Add the garlic, cumin, oregano, chili powder, thyme, paprika, red pepper flakes, tomatoes, and tomato paste. Stir all ingredients well and cook until the tomato skins begin to peel back and everything is a dark reddish-brown color, about 10 minutes.
- ☐ Add the turkey and gravy flavoring, then using a spoon or masher, break the ground turkey apart stirring frequently while cooking. Cook until the turkey is heated through, then add chicken stock, hot sauce, cinnamon stick, and salt and pepper, to taste. Stir in the cornmeal, lower to a simmer and cover. Cook for about 1 hour, stirring occasionally to release the chili from the bottom of the pot.
- ☐ Remove cinnamon stick when it begins to un-curl itself and soak up a bit of moisture becoming dense and hydrated, around 40 minutes into the simmer.
- ☐ Meanwhile, in a heavy pot or deep-fryer heat enough oil to fill the pot at least 3-inches deep to 350 degrees F. Stack the tortillas, a few at a time, and cut into 4 strips. When the oil reaches temperature, add 5 to 6 strips at a time and fry in batches until a tap from a spoon sounds hollow and bubbles begin to form on the strips, about 1 minute for each batch.
- ☐ Remove to a paper towel-lined plate and sprinkle each batch immediately with salt. About 30 minutes before serving add the cannellini beans to the chili and stir to heat through.
- ☐ Transfer the chili to a large serving bowl and serve with the tortilla chips and garnishes set up like a bar.

Nutrition Facts



Properties

Glycemic Index:41.2, Glycemic Load:15.59, Inflammation Score:-9, Nutrition Score:25.200869726098%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 612.62kcal (30.63%), Fat: 28.78g (44.28%), Saturated Fat: 11.09g (69.31%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 40.18g (14.61%), Sugar: 4.03g (4.48%), Cholesterol: 105.39mg (35.13%), Sodium: 438.63mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.85g (81.69%), Vitamin B3: 10.95mg (54.76%), Vitamin B6: 1.09mg (54.47%), Phosphorus: 498.38mg (49.84%), Manganese: 0.85mg (42.32%), Selenium: 27.01µg (38.59%), Fiber: 9.21g (36.84%), Iron: 6.15mg (34.15%), Magnesium: 124.43mg (31.11%), Potassium: 1000.35mg (28.58%), Vitamin A: 1207.89IU (24.16%), Zinc: 3.6mg (24.01%), Vitamin K: 22.52µg (21.45%), Copper: 0.42mg (21.19%), Folate: 79.71µg (19.93%), Vitamin E: 2.47mg (16.48%), Vitamin B2: 0.28mg (16.34%), Vitamin B1: 0.24mg (16.02%), Calcium: 157.05mg (15.71%), Vitamin B5: 1.15mg (11.52%), Vitamin C: 7.42mg (8.99%), Vitamin B12: 0.5µg (8.32%), Vitamin D: 0.73µg (4.84%)