



 **46%**
HEALTH SCORE

Superbowl Chili

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces black beans drained and rinsed canned
- 28 ounces canned tomatoes diced drained canned
- 2 medium carrots
- 2 teaspoons chili powder
- 2 tablespoons chipotle sauce chopped
- 4 teaspoons cumin
- 8 servings cilantro leaves fresh chopped
- 2 tablespoons garlic finely minced

- 8 servings spring onion chopped
- 2 teaspoons kosher salt
- 3 pounds ground beef lean
- 8 servings lime freshly squeezed
- 6 cups chicken stock reduced-sodium
- 8 servings monterrey jack cheese
- 0.3 cup olive oil
- 2 medium onion yellow
- 4 teaspoons oregano dried
- 1.5 pounds sirloin steak cut into small chunks
- 8 servings cream sour

Equipment

- bowl
- frying pan
- ladle
- pot
- sieve
- slotted spoon

Directions

- In a large heavy pot set over high heat, saute ground beef and steak chunks, stirring frequently, until browned, about 8 minutes. With a slotted spoon, remove beef to a plate and pour off the remaining liquid in the pan. (I used a strainer over a large bowl, and put all the meat in it to drain the excess fat off).
- Add olive oil to the same pot that you cooked your meat in and set over medium heat. When hot, add carrots, onions, and garlic and saute, stirring, until softened, about 5 minutes. Return beef to pot, and add chili powder, cumin, oregano, salt, and chopped chipotle chile; stir and cook 1 minute.

Add tomatoes and broth. Bring to a simmer, reduce heat to a gentle simmer, and cook for 30 minutes more, stirring occasionally. Much of the liquid will cook down during this time. Stir in all but 1/3 cup of black beans and cook 5 minutes more. Mash reserved beans with a fork, and stir into the chili to give it extra body. If chili is too thick, stir in as much as 1 cup additional broth and heat several minutes to warm. Chili can be prepared two days ahead. Cool, cover and refrigerate. Reheat over medium heat, stirring often. Ladle into bowls and garnish with toppings. Enjoy!

Nutrition Facts

PROTEIN 38.73% **FAT 44.09%** **CARBS 17.18%**

Properties

Glycemic Index:34.35, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:40.764782608696%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Taste

Sweetness: 46.85%, Saltiness: 100%, Sourness: 35.28%, Bitterness: 27.23%, Savoriness: 55.31%, Fattiness: 55.94%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 661.69kcal (33.08%), Fat: 32.58g (50.12%), Saturated Fat: 11.79g (73.67%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 19.96g (7.26%), Sugar: 8.81g (9.79%), Cholesterol: 161.06mg (53.69%), Sodium: 1164.02mg (50.61%), Protein: 64.39g (128.78%), Vitamin B12: 6.39µg (106.42%), Vitamin B3: 16.8mg (84.02%), Zinc: 12.49mg (83.23%), Phosphorus: 668.47mg (66.85%), Selenium: 46.21µg (66.01%), Vitamin B6: 1.3mg (65.12%), Vitamin A: 3094.33IU (61.89%), Iron: 9.88mg (54.87%), Potassium: 1635.42mg (46.73%), Vitamin B2: 0.66mg (38.68%), Fiber: 8.6g (34.42%), Copper: 0.63mg (31.42%), Vitamin K: 31.77µg (30.25%), Magnesium: 109.97mg (27.49%), Manganese: 0.53mg (26.47%), Vitamin B1: 0.35mg (23.18%), Vitamin E: 3.3mg (22.01%), Vitamin C: 17.53mg (21.24%), Vitamin B5: 1.89mg (18.93%), Folate: 75.09µg (18.77%), Calcium: 148.44mg (14.84%), Vitamin D: 0.18µg (1.17%)