



Taco Chili with Mix

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

READY IN



610 min.

SERVINGS



4

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce tomato sauce canned
- 11.8 ounce canned tomatoes diced green canned
- 1 packet taco chili mix
- 1 teaspoon chili powder
- 1 cup kidney beans dried
- 3 tablespoons onion dried minced
- 0.5 cup pinto beans dried
- 1 pound ground beef cooked drained

- 0.3 teaspoon ground cumin
- 1 ounce buttermilk salad dressing mix
- 1.3 ounce taco seasoning
- 1.5 cups tortilla chips
- 4 cups water

Equipment

- bowl
- plastic wrap
- dutch oven

Directions

- For the mix: In a 1-quart wide mouth jar, layer kidney and pinto beans.
- In a small bowl, combine taco seasoning mix, dried salad dressing mix, onion, chili powder, and cumin. Wrap seasonings in plastic wrap or cellophane and place in jar.
- Put chips in a bag and place in jar. Decorate with ribbon or fabric.
- Place beans in a large bowl, cover with water and soak 6 to 8 hours, or overnight.
- Drain and add to a Dutch oven.
- Add seasoning packet, water, diced tomatoes and green chiles, tomato sauce, and ground beef.
- Heat to boiling, cover and reduce heat to low. Simmer for 2 hours, or until beans are tender.
- Serve with corn or tortilla chips.

Nutrition Facts



PROTEIN 19.38% **FAT 35%** **CARBS 45.62%**

Properties

Glycemic Index:44.75, Glycemic Load:15.93, Inflammation Score:-9, Nutrition Score:41.944782827211%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Pelargonidin: 2.22mg, Pelargonidin: 2.22mg, Pelargonidin: 2.22mg, Pelargonidin: 2.22mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 836.21kcal (41.81%), Fat: 33.11g (50.94%), Saturated Fat: 10.14g (63.39%), Carbohydrates: 97.1g (32.37%), Net Carbohydrates: 78.47g (28.54%), Sugar: 12.64g (14.05%), Cholesterol: 80.51mg (26.84%), Sodium: 2140.79mg (93.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.25g (82.5%), Folate: 348.54µg (87.14%), Fiber: 18.63g (74.51%), Phosphorus: 633.65mg (63.37%), Potassium: 2005.17mg (57.29%), Manganese: 1.14mg (57.09%), Iron: 10.21mg (56.7%), Vitamin B6: 1.05mg (52.64%), Zinc: 7.78mg (51.84%), Magnesium: 202.57mg (50.64%), Copper: 0.99mg (49.61%), Vitamin B1: 0.67mg (44.81%), Vitamin B3: 8.68mg (43.38%), Selenium: 28.6µg (40.86%), Vitamin B12: 2.43µg (40.45%), Vitamin A: 1776.08IU (35.52%), Vitamin E: 5.08mg (33.89%), Vitamin C: 26mg (31.52%), Vitamin B2: 0.48mg (28.06%), Vitamin B5: 2.27mg (22.73%), Vitamin K: 23.45µg (22.33%), Calcium: 195.88mg (19.59%)