

 69%
HEALTH SCORE

Texas Beef Brisket Chili



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large ancho chili pepper dried
- ☐ 10 servings avocado diced
- ☐ 6 ounces bacon diced
- ☐ 5 pound brisket cut into 2 1/2- to 3-inch cubes (also called first-cut)
- ☐ 12 ounce beer
- ☐ 4 cups butternut squash peeled seeded (from)
- ☐ 7 ounce pepper flakes diced green canned
- ☐ 2 tablespoons chili powder

- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1.5 teaspoons kosher salt
- ☐ 10 servings masa
- ☐ 2 teaspoons cumin seeds
- ☐ 0.5 ounce canned tomatoes diced with green chiles (1 3/4 cups) canned
- ☐ 10 servings cilantro leaves fresh
- ☐ 6 large garlic clove peeled
- ☐ 1 teaspoon ground coriander
- ☐ 10 servings monterrey jack cheese shredded
- ☐ 4 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 10 servings onion red chopped

Equipment

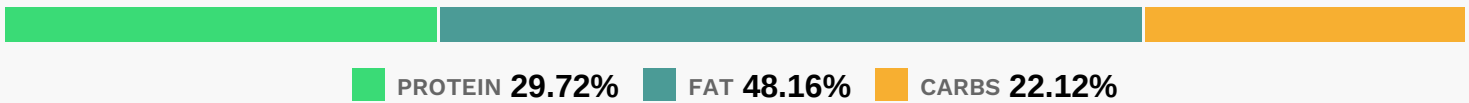
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Place chiles in medium bowl.
- ☐ Pour enough boiling water over to cover. Soak until chiles soften, at least 30 minutes and up to 4 hours.
- ☐ Preheat oven to 350°F. Sauté bacon in heavy large oven-proof pot over medium-high heat until beginning to brown.
- ☐ Add onions. Reduce heat to medium; cover and cook until tender, about 5 minutes.
- ☐ Sprinkle beef all over with coarse salt and pepper.
- ☐ Add to pot; stir to coat. Set aside.

- ☐ Drain chiles, reserving soaking liquid.
- ☐ Place chiles in blender.
- ☐ Add 1 cup soaking liquid, garlic, chili powder, cumin seeds, oregano, coriander, and 1 1/2 teaspoons coarse salt; blend to puree, adding more soaking liquid by 1/4 cupfuls if very thick.
- ☐ Pour puree over brisket in pot.
- ☐ Add tomatoes with juices, beer, green chiles, and cilantro stems. Stir to coat evenly.
- ☐ Bring chili to simmer. Cover and place in oven. Cook 2 hours. Uncover and cook until beef is almost tender, about 1 hour.
- ☐ Add squash; stir to coat. Roast uncovered until beef and squash are tender, adding more soaking liquid if needed to keep meat covered, about 45 minutes longer. Season chili to taste with salt and pepper. Tilt pot and spoon off any fat from surface of sauce. DO AHEAD: Can be made 2 days ahead. Cool 1 hour. Chill uncovered until cold, then cover and keep chilled.
- ☐ Set out garnishes in separate dishes. Rewarm chili over low heat. Ladle chili into bowls and serve. *Available at many supermarkets and at specialty foods stores and Latin markets.

Nutrition Facts



Properties

Glycemic Index: 31.05, Glycemic Load: 3.4, Inflammation Score: -10, Nutrition Score: 49.666087036547%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.71mg, Quercetin: 13.71mg, Quercetin: 13.71mg, Quercetin: 13.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 741.92kcal (37.1%), Fat: 40.31g (62.02%), Saturated Fat: 10.73g (67.08%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 25.51g (9.28%), Sugar: 14.54g (16.15%), Cholesterol: 152.73mg (50.91%), Sodium: 708.64mg

(30.81%), Alcohol: 1.33g (100%), Alcohol %: 0.31% (100%), Protein: 55.97g (111.95%), Vitamin A: 12410.97IU (248.22%), Vitamin B12: 5.61µg (93.52%), Vitamin B6: 1.77mg (88.66%), Vitamin C: 62.71mg (76.01%), Zinc: 11.26mg (75.06%), Vitamin B3: 14.62mg (73.08%), Fiber: 16.16g (64.63%), Phosphorus: 634.32mg (63.43%), Selenium: 43.62µg (62.31%), Potassium: 2086.4mg (59.61%), Vitamin K: 56.17µg (53.49%), Vitamin B2: 0.86mg (50.81%), Iron: 7.72mg (42.87%), Folate: 143.82µg (35.95%), Magnesium: 140.93mg (35.23%), Vitamin E: 5.18mg (34.55%), Manganese: 0.68mg (33.98%), Vitamin B1: 0.47mg (31.61%), Vitamin B5: 2.87mg (28.73%), Copper: 0.55mg (27.64%), Calcium: 106.56mg (10.66%)