



Texas Bowl of Red

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds beef chuck boneless cut into 3/4-inch cubes
- ☐ 56 ounce beef broth low-sodium canned
- ☐ 6 tablespoons chili powder preferably Gebhardt brand
- ☐ 0.5 cup flour all-purpose
- ☐ 6 cloves garlic minced
- ☐ 4 teaspoons ground cumin
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal instant corn flour

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons oregano dried
- ☐ 8 servings onion and pickled jalapenos white sliced chopped for topping

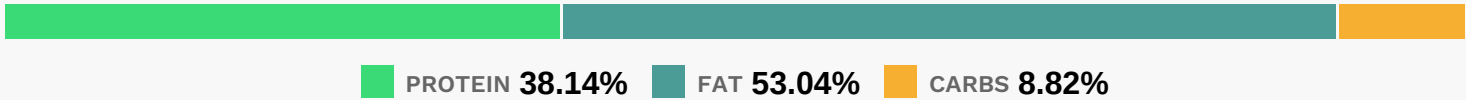
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat 1 tablespoon olive oil in a large Dutch oven over medium-high heat.
- ☐ Add half of the beef and cook, stirring, until browned, about 4 minutes; transfer to a plate.
- ☐ Add the remaining 1 tablespoon olive oil to the pot and brown the remaining beef, then return the first batch to the pot. Reduce the heat to medium and stir in the garlic.
- ☐ Combine the chili powder, cumin and flour in a small bowl.
- ☐ Sprinkle over the meat in the pot and stir until evenly coated. Crumble in the oregano with your fingers, then add 3 cans beef broth, 2 teaspoons salt and 1/4 teaspoon pepper; stir to combine. Bring to a boil, then reduce the heat to low; partially cover and simmer until the meat is just tender, about 1 hour, 30 minutes.
- ☐ Whisk the remaining 1 can broth with the masa harina in a bowl to make a creamy paste; stir into the chili. Continue simmering over low heat until the meat is almost falling apart, 30 minutes to 1 hour, adding up to 2 cups water if the chili gets too thick. Divide among bowls and top with onion and pickled jalapenos.
- ☐ Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:39.260869642963%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 737.74kcal (36.89%), Fat: 44.06g (67.78%), Saturated Fat: 17.87g (111.69%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 13.01g (4.73%), Sugar: 0.57g (0.63%), Cholesterol: 234.73mg (78.24%), Sodium: 951.23mg (41.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.28g (142.56%), Zinc: 26.14mg (174.23%), Vitamin B12: 9.29µg (154.79%), Selenium: 75.38µg (107.69%), Vitamin B3: 16.7mg (83.49%), Vitamin B6: 1.51mg (75.65%), Phosphorus: 695.11mg (69.51%), Iron: 10.21mg (56.73%), Potassium: 1715.09mg (49%), Vitamin B2: 0.66mg (38.73%), Vitamin A: 1889.64IU (37.79%), Vitamin B1: 0.42mg (27.96%), Vitamin E: 3.71mg (24.76%), Magnesium: 89.67mg (22.42%), Vitamin B5: 2.22mg (22.19%), Vitamin K: 21.57µg (20.54%), Manganese: 0.36mg (17.81%), Copper: 0.32mg (15.83%), Fiber: 3.46g (13.86%), Calcium: 122.22mg (12.22%), Folate: 44.34µg (11.09%), Vitamin D: 0.34µg (2.27%), Vitamin C: 0.95mg (1.15%)