

The Herd's Tailgate Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



10

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce black beans drained and rinsed canned
- 30 ounce black-eyed peas drained and rinsed canned
- 32 ounce navy beans drained and rinsed canned
- 30 ounce pinto beans drained and rinsed canned
- 30 ounce kidney beans red drained and rinsed canned
- 56 ounce tomatoes crushed canned
- 48 ounce seasoned chili beans undrained canned
- 1.5 tablespoons chili powder

- 2.5 ounce chili seasoning
- 3 cloves garlic minced
- 1.5 teaspoons garlic powder
- 2 bell peppers diced green
- 2 pounds ground beef
- 1.5 tablespoons ground cumin
- 1.5 teaspoons onion powder
- 2 onions diced
- 43.5 ounce stewed tomatoes canned

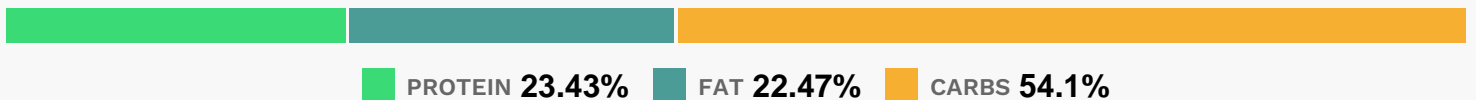
Equipment

- pot

Directions

- Cook and stir ground beef, onions, bell peppers, garlic, chili seasoning, chili powder, ground cumin, onion powder, and garlic powder in a large pot over medium–high heat until meat is browned, 10 to 15 minutes.
- Stir diced tomatoes, crushed tomatoes, stewed tomatoes, navy beans, chili beans, pinto beans, kidney beans, black beans, and black–eyed peas into beef mixture; bring to a boil, reduce heat, and simmer until flavors blend and chili is warmed through, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:17.33, Inflammation Score:-10, Nutrition Score:62.223478052927%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 906.64kcal (45.33%), Fat: 23.41g (36.02%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 126.86g (42.29%), Net Carbohydrates: 88.58g (32.21%), Sugar: 26.35g (29.28%), Cholesterol: 64.41mg (21.47%), Sodium: 2739.75mg (119.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.93g (109.85%), Fiber: 38.28g (153.11%), Manganese: 2.08mg (103.82%), Folate: 406.97µg (101.74%), Iron: 18.22mg (101.22%), Phosphorus: 988.54mg (98.85%), Vitamin A: 4532.56IU (90.65%), Copper: 1.77mg (88.56%), Potassium: 3080.02mg (88%), Magnesium: 317.46mg (79.36%), Vitamin B6: 1.56mg (77.85%), Zinc: 10.92mg (72.78%), Vitamin C: 52.47mg (63.6%), Vitamin B1: 0.88mg (58.88%), Vitamin E: 7.76mg (51.74%), Vitamin B3: 10.23mg (51.14%), Vitamin B2: 0.85mg (49.96%), Selenium: 27.62µg (39.46%), Calcium: 351.02mg (35.1%), Vitamin B12: 1.96µg (32.58%), Vitamin K: 31.79µg (30.27%), Vitamin B5: 2.18mg (21.76%)