



## The Ultimate Slow Cooked Chili

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

READY IN



**385 min.**

SERVINGS



**10**

CALORIES



**429 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon brown sugar
- 30 ounce beans ranch-style canned
- 30 ounce pinto beans canned
- 7.8 ounce tomato sauce hot mexican-style el pato® canned (such as )
- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes mexican-style canned
- 30 ounce kidney beans white canned (cannellini)

- 2 stalks celery chopped
- 3 tablespoons chili powder
- 1 tablespoon basil dried
- 1 tablespoon parsley dried
- 2 tablespoons garlic chopped
- 1 tablespoon garlic powder
- 1 bell pepper green chopped
- 1 tablespoon ground cumin
- 10 servings salt and ground pepper black to taste
- 2 pounds ground beef lean
- 2 tablespoons olive oil divided
- 1 onion chopped
- 0.5 cup red wine
- 2 tablespoons worcestershire sauce

## Equipment

- frying pan
- slow cooker

## Directions

- Heat 1 tablespoon olive oil large skillet over medium-high heat; cook and stir beef, onion, and garlic in the hot oil until browned and crumbly, about 10 minutes; drain and discard grease. Season beef mixture with salt and pepper.
- Mix ground beef mixture, remaining 1 tablespoon olive oil, pinto beans, ranch-style beans, white kidney beans, tomato sauce, Mexican-style stewed tomatoes, Mexican-style hot tomato sauce, green bell pepper, celery, chili powder, Worcestershire sauce, balsamic vinegar, garlic powder, cumin, parsley, basil, and brown sugar together in a slow cooker.
- Cook on High for 4 hours; stir in red wine and continue cooking for 2 more hours. (Cook on Low for 8 hours.)

## Nutrition Facts

PROTEIN 32.3% FAT 19.43% CARBS 48.27%

## Properties

Glycemic Index:48.3, Glycemic Load:15.24, Inflammation Score:-9, Nutrition Score:31.210434773694%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 429.1kcal (21.45%), Fat: 9.3g (14.31%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 35.56g (12.93%), Sugar: 11.28g (12.53%), Cholesterol: 56.25mg (18.75%), Sodium: 1178.57mg (51.24%), Alcohol: 1.27g (100%), Alcohol %: 0.32% (100%), Protein: 34.79g (69.57%), Fiber: 16.43g (65.71%), Manganese: 1.14mg (57.17%), Phosphorus: 499.76mg (49.98%), Iron: 8.35mg (46.39%), Zinc: 6.69mg (44.58%), Potassium: 1498.9mg (42.83%), Vitamin B6: 0.83mg (41.3%), Vitamin B3: 7.71mg (38.53%), Copper: 0.68mg (34.05%), Vitamin B12: 2.03µg (33.87%), Magnesium: 133.1mg (33.27%), Vitamin K: 30.39µg (28.95%), Selenium: 19.42µg (27.74%), Vitamin C: 22.15mg (26.85%), Vitamin E: 3.69mg (24.62%), Vitamin A: 1177.5IU (23.55%), Vitamin B2: 0.39mg (23.12%), Vitamin B1: 0.34mg (22.79%), Folate: 89.66µg (22.41%), Calcium: 162.59mg (16.26%), Vitamin B5: 1.33mg (13.27%)