



## Thick and Hearty Pinto Bean Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bell pepper chopped
- 0.3 teaspoon pepper black freshly ground
- 8 ounce tomato sauce no salt added canned ( )
- 15 ounce canned tomatoes diced canned
- 4 servings bell pepper red to taste
- 3 large pepper flakes dried (see note above)
- 2 teaspoons cocoa powder
- 1 teaspoon cumin

- 4 cloves garlic minced
- 1 medium onion chopped
- 1 teaspoon oregano
- 1 teaspoon paprika smoked spanish
- 3 cups pinto beans rinsed cooked drained (or 2 cans, and )
- 1 teaspoon salt to taste (or )
- 1 teaspoon sugar
- 1.5 cups water

## Equipment

- bowl
- sauce pan
- pot
- sieve
- blender

## Directions

- Remove and discard the stems from the chiles.
- Place them in a small saucepan and pour the water over them. Bring to a boil and simmer for 15 minutes. Allow to cool.
- Put the chiles and the water into a blender and puree until well-blended.
- Pour into a strainer, pressing lightly on the pulp to get out all the flavor. Throw the pulp away and reserve the liquid. In a large non-stick pot, sauté the onion in a little water (1 tablespoon to start) until it's beginning to brown.
- Add the garlic, bell pepper, and a little more water and sauté for 3 more minutes.
- Add the reserved chile sauce, tomatoes, tomato sauce, beans, cumin, oregano, black pepper, and paprika and bring to a simmer. In a small bowl, mix the cocoa powder with 1/4 cup hot water until it is well blended.
- Add it to the chili. Taste for seasonings and add salt and red pepper to taste. If it seems bitter add sugar. Cook on low for at least 30 minutes to allow flavors to blend. Makes 4-6 servings.

# Nutrition Facts

PROTEIN 20.43% FAT 5.81% CARBS 73.76%

## Properties

Glycemic Index:99.9, Glycemic Load:12.35, Inflammation Score:-10, Nutrition Score:34.91130480559%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

## Nutrients (% of daily need)

Calories: 297.01kcal (14.85%), Fat: 2.08g (3.2%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 41.12g (14.95%), Sugar: 15.59g (17.32%), Cholesterol: 0mg (0%), Sodium: 1006.43mg (43.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.9%), Vitamin C: 199.74mg (242.11%), Vitamin A: 4322.07IU (86.44%), Folate: 302.21µg (75.55%), Fiber: 18.3g (73.18%), Manganese: 1.19mg (59.4%), Vitamin B6: 1.07mg (53.61%), Potassium: 1455.92mg (41.6%), Vitamin E: 5.49mg (36.63%), Iron: 6.22mg (34.56%), Copper: 0.67mg (33.4%), Magnesium: 125.35mg (31.34%), Phosphorus: 300.71mg (30.07%), Vitamin B1: 0.45mg (29.75%), Vitamin K: 25.46µg (24.25%), Vitamin B3: 3.87mg (19.35%), Vitamin B2: 0.31mg (18.36%), Zinc: 2.2mg (14.69%), Calcium: 144.87mg (14.49%), Selenium: 9.93µg (14.19%), Vitamin B5: 1.21mg (12.1%)