



## Three Bean and Beef Chili

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

READY IN



85 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons adobo sauce from the chipotles canned
- 15.5 ounce black beans drained and rinsed canned
- 15.5 ounce kidney beans drained and rinsed canned
- 15.5 ounce pinto beans drained and rinsed canned
- 28 ounce canned tomatoes crushed canned
- 0.5 cup carrots diced
- 1 chipotle chile in adobo sauce minced seeded
- 1 pound extra-lean ground beef lean (90 percent )

- 2 teaspoons ground cumin
- 1 tablespoon olive oil
- 1 cup onion diced
- 0.5 teaspoon oregano dried
- 1 cup bell pepper diced red
- 8 servings salt and pepper black freshly ground
- 2 cups water

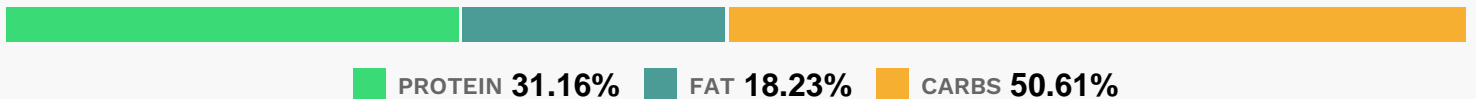
## Equipment

- dutch oven

## Directions

- Watch how to make this recipe.
- Heat the oil in large pot or Dutch oven over moderate heat.
- Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes.
- Add the cumin and cook, stirring, for 1 minute.
- Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:35.35, Glycemic Load:8.29, Inflammation Score:-9, Nutrition Score:24.017391282579%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

## **Nutrients (% of daily need)**

Calories: 287.63kcal (14.38%), Fat: 6g (9.24%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 25.08g (9.12%), Sugar: 8.12g (9.02%), Cholesterol: 35.15mg (11.72%), Sodium: 892.5mg (38.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.17%), Fiber: 12.4g (49.61%), Vitamin C: 37.34mg (45.26%), Vitamin A: 2147.41IU (42.95%), Manganese: 0.74mg (37.17%), Phosphorus: 328.85mg (32.88%), Iron: 5.81mg (32.25%), Potassium: 1058.79mg (30.25%), Vitamin B6: 0.58mg (28.95%), Zinc: 4.24mg (28.24%), Vitamin B3: 5.41mg (27.03%), Copper: 0.53mg (26.56%), Magnesium: 94.56mg (23.64%), Folate: 91.07µg (22.77%), Vitamin B12: 1.27µg (21.17%), Vitamin B1: 0.29mg (19.32%), Selenium: 11.98µg (17.11%), Vitamin B2: 0.28mg (16.65%), Vitamin E: 2.4mg (16%), Vitamin K: 13µg (12.38%), Calcium: 118.78mg (11.88%), Vitamin B5: 1mg (9.95%)