



Three-Bean Chili and Rice

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup onion red finely chopped
- 0.5 teaspoon salt
- 1.8 cups tomatoes seeded finely chopped
- 0.3 cup poblano pepper seeded finely chopped
- 1 small jalapeno seeded finely chopped
- 0.5 cup bell pepper yellow finely chopped
- 1 tablespoon olive oil
- 2 juice of lime

- 0.3 cup cilantro leaves fresh chopped
- 1 serving salt and pepper freshly ground to taste
- 2 cups rice long-grain white uncooked
- 2 tablespoons vegetable oil
- 4 cloves garlic cut into thin slices
- 3 cups water
- 1 teaspoon salt
- 28 oz canned tomatoes diced organic undrained canned
- 15 oz kidney beans rinsed drained canned
- 15 oz black beans rinsed drained canned
- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 15 oz tomato sauce organic canned
- 3 small bell pepper diced (any color)
- 1 jalapeno seeded chopped
- 2 tablespoons chili powder
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 8 oz cream sour
- 0.3 cup salsa

Equipment

- bowl
- sauce pan
- sieve
- dutch oven

Directions

- In small bowl, rub onion and 1/2 teaspoon salt together with fingers.

- Add enough water to cover onion; pour onion and water into strainer to drain. Return onion to bowl. Repeat rinsing and draining several times to remove harshness.
- Drain well, removing all excess water. In medium bowl, mix onion and remaining salsa ingredients. Refrigerate until serving time.
- In small bowl, place rice and enough water to cover.
- Let stand about 15 minutes.
- Pour rice and water into strainer to drain well. In 3–quart saucepan, heat vegetable oil over medium–high heat. Cook and stir garlic in oil until light golden brown.
- Add rice; cook 3 minutes, stirring often.
- Add 3 cups water and 1 teaspoon salt.
- Heat to boiling over high heat; reduce heat. Cover; simmer 15 minutes.
- Remove garlic slices from rice with fork before serving.
- Meanwhile, in 4–quart Dutch oven, mix all chili ingredients.
- Heat to boiling; reduce heat. Cover; simmer 25 to 30 minutes, stirring occasionally, until bell peppers are tender.
- In small bowl, mix Salsa Cream ingredients.
- To serve, spoon 1 cup rice on one side of large shallow soup bowl. Spoon 1 1/2 cups chili next to rice. Top with Salsa Cream and 3–Pepper Salsa.

Nutrition Facts

■ PROTEIN **12.86%** ■ FAT **23.51%** ■ CARBS **63.63%**

Properties

Glycemic Index:83.59, Glycemic Load:41.45, Inflammation Score:-10, Nutrition Score:38.904782518097%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 656.27kcal (32.81%), Fat: 17.75g (27.3%), Saturated Fat: 5.4g (33.78%), Carbohydrates: 108.03g (36.01%), Net Carbohydrates: 88.45g (32.16%), Sugar: 16.17g (17.97%), Cholesterol: 22.3mg (7.43%), Sodium: 2134.13mg (92.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.68%), Vitamin C: 114.38mg (138.65%), Manganese: 2.21mg (110.56%), Fiber: 19.59g (78.35%), Vitamin A: 3377.68IU (67.55%), Vitamin B6: 1.16mg (58%), Copper: 0.94mg (47.25%), Potassium: 1607.06mg (45.92%), Phosphorus: 420.65mg (42.07%), Iron: 7.06mg (39.22%), Vitamin E: 5.86mg (39.09%), Folate: 146.89µg (36.72%), Magnesium: 145.36mg (36.34%), Vitamin K: 34.82µg (33.17%), Vitamin B1: 0.44mg (29.41%), Vitamin B3: 5.59mg (27.96%), Vitamin B2: 0.44mg (26%), Selenium: 16.25µg (23.22%), Calcium: 219.09mg (21.91%), Vitamin B5: 2.09mg (20.88%), Zinc: 3.06mg (20.43%), Vitamin B12: 0.08µg (1.32%)