



Tori's Beanless Chili



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



14

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 43.5 ounce tomatoes diced canned
- ☐ 3 tablespoons chili powder mccormick® (such as)
- ☐ 1 pound chorizo sausage
- ☐ 8 ounce chiles diced green canned
- ☐ 2 pounds ground beef
- ☐ 14 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 2 large onions diced

- ☐ 4 bell peppers diced red seeded
- ☐ 4 cups tomato-vegetable juice cocktail (such as V8®)
- ☐ 26 ounce all natural tomato soup canned (such as Campbell's®)
- ☐ 0.3 cup water

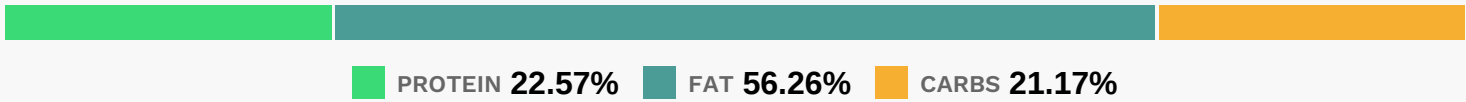
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring water to a boil in a large soup pot, reduce heat to low, and cook onions in the simmering water until translucent, 5 to 8 minutes.
- ☐ Add ground beef to onions; cook and stir until ground beef is browned and crumbly, about 10 more minutes.
- ☐ Sprinkle beef with salt and black pepper as it cooks.
- ☐ Drain excess grease.
- ☐ Heat olive oil in a large skillet over medium heat; cook and stir bell peppers in the hot oil until softened, about 5 minutes.
- ☐ Add peppers to meat mixture. Stir vegetable juice cocktail, diced tomatoes, tomato soup, chorizo sausage, green chiles, chili powder, and adobo seasoning into mixture until combined.
- ☐ Bring chili to a boil, reduce heat, and simmer until thickened, about 30 minutes. Cover and continue simmering to blend flavors, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:2.8, Inflammation Score:-9, Nutrition Score:20.798695800097%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 295.2kcal (14.76%), Fat: 18.92g (29.1%), Saturated Fat: 7.84g (49.01%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 11.88g (4.32%), Sugar: 9.35g (10.38%), Cholesterol: 68.86mg (22.96%), Sodium: 341.04mg (14.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.15%), Vitamin C: 82.28mg (99.73%), Vitamin A: 2286.16IU (45.72%), Vitamin B6: 0.64mg (32.17%), Vitamin B3: 5.14mg (25.68%), Iron: 4.17mg (23.15%), Potassium: 809.91mg (23.14%), Vitamin B12: 1.39µg (23.11%), Zinc: 3.29mg (21.93%), Vitamin E: 3.09mg (20.57%), Phosphorus: 170.6mg (17.06%), Fiber: 4.13g (16.54%), Manganese: 0.33mg (16.34%), Selenium: 10.88µg (15.54%), Folate: 61.27µg (15.32%), Vitamin B2: 0.25mg (14.65%), Copper: 0.27mg (13.61%), Magnesium: 48.51mg (12.13%), Vitamin K: 12.44µg (11.85%), Vitamin B1: 0.17mg (11.59%), Vitamin B5: 0.91mg (9.14%), Calcium: 89.72mg (8.97%)