



Touchdown Chili

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ancho chiles dried stemmed seeded
- ☐ 3 cups beef stock
- ☐ 12 ounces lager beer dark such as negra modelo
- ☐ 2 pasilla chiles dried stemmed seeded
- ☐ 1 pound mexican chorizo fresh finely chopped
- ☐ 6 servings cilantro leaves
- ☐ 1 pinch cinnamon
- ☐ 6 servings kosher salt and coarse pepper black

- ☐ 1 tablespoon coriander (a palmful)
- ☐ 3 tablespoons corn meal
- ☐ 1 tablespoon cumin (a palmful)
- ☐ 4 cloves garlic chopped
- ☐ 1.5 pounds ground beef chuck for a coarse grind (ask butcher)
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 tablespoon honey
- ☐ 6 servings lime wedges
- ☐ 6 servings monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 6 servings onions raw minced
- ☐ 1.5 teaspoons mexican oregano ()
- ☐ 6 servings pepitas
- ☐ 1 jalapeño chile fresh red with seeds for extra heat seeded sliced chopped
- ☐ 6 servings cup heavy whipping cream sour
- ☐ 6 servings tortillas such as fritos crushed
- ☐ 0.3 cup worcestershire sauce
- ☐ 6 servings giardiniera mix sliced chopped
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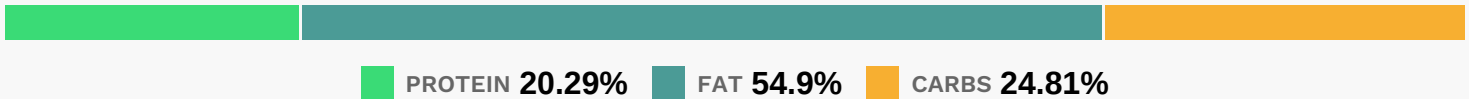
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Place the ancho and guajillo chiles in a small saucepot and cover with the stock. Bring to a low boil, reduce the heat to low and simmer gently 10 to 15 minutes. Puree and reserve.
- ☐ Meanwhile, heat the oil in a Dutch oven over high heat.
- ☐ Add the chorizo and begin to render the fat. Pat the beef dry with paper towel and sprinkle with salt and black pepper before adding into the Dutch oven with the Worcestershire. Cook until a nice crusty brown develops on the beef (the salt helps make a nice crust on meat).
- ☐ Add the coriander, cumin, oregano, cloves, cinnamon, garlic, chile and onions and cook until the onions are soft.
- ☐ Pour in the beer to deglaze the pan, scraping up any brown bits that have accumulated on the bottom of the pan.
- ☐ Add the dried chili puree, masa harina and honey. Reduce the heat to low and simmer to thicken and develop flavor, 45 minutes.
- ☐ Serve with the toppings of your choice.

Nutrition Facts



Properties

Glycemic Index:77.3, Glycemic Load:9.41, Inflammation Score:-10, Nutrition Score:32.496521610281%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 831.31kcal (41.57%), Fat: 49.82g (76.64%), Saturated Fat: 18.42g (115.13%), Carbohydrates: 50.65g (16.88%), Net Carbohydrates: 42.11g (15.31%), Sugar: 17.76g (19.73%), Cholesterol: 135.73mg (45.24%), Sodium: 913.4mg (39.71%), Alcohol: 2.21g (100%), Alcohol %: 0.51% (100%), Protein: 41.42g (82.84%), Vitamin A: 5210.67IU (104.21%), Vitamin B3: 10.01mg (50.07%), Iron: 8.49mg (47.15%), Vitamin C: 38.42mg (46.57%), Vitamin B6: 0.87mg (43.33%), Vitamin B2: 0.71mg (41.98%), Vitamin B12: 2.47µg (41.19%), Selenium: 28.42µg (40.6%), Phosphorus:

396.95mg (39.7%), Zinc: 5.82mg (38.82%), Potassium: 1244.8mg (35.57%), Fiber: 8.55g (34.19%), Manganese: 0.66mg (33.11%), Vitamin K: 31.75µg (30.24%), Vitamin B1: 0.4mg (26.9%), Folate: 84.61µg (21.15%), Magnesium: 84.33mg (21.08%), Calcium: 166.41mg (16.64%), Copper: 0.32mg (16.16%), Vitamin E: 1.79mg (11.9%), Vitamin B5: 1.03mg (10.27%)