



Trina's Beef Brisket Chili with Cornbread Waffles

READY IN



105 min.

SERVINGS



10

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup ancho chili powder
- ☐ 1 pound brisket cooked cut into 1/4-inch cubes
- ☐ 1.5 cups beef broth
- ☐ 12 ounce lager beer corona® (such as)
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 30 ounce beans ranch-style canned
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 7.5 ounce corn bread mix jiffy® (such as)

- ☐ 1 eggs
- ☐ 4 large cloves garlic minced
- ☐ 0.1 teaspoon ground pepper to taste
- ☐ 1 tablespoon ground cumin
- ☐ 10 servings kosher salt
- ☐ 0.5 teaspoon liquid smoke flavoring
- ☐ 0.7 cup milk or as needed
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 large onion yellow chopped

Equipment

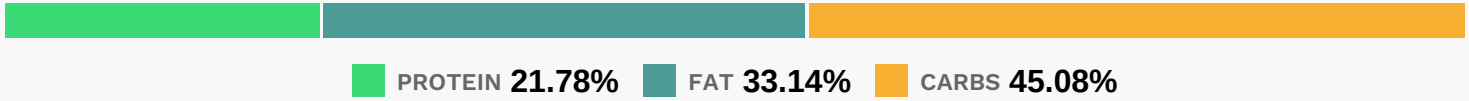
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ waffle iron

Directions

- ☐ Heat olive oil in a heavy 6-quart pot over medium heat; cook and stir onion until soft and pale gold in color, about 15 minutes. Stir chili powder, cocoa, garlic, oregano, cumin, kosher salt, black pepper, and cayenne pepper into onion. Cook until fragrant, 1 to 2 minutes.
- ☐ Stir tomatoes and beer into the mixture until well-combined.
- ☐ Add ranch-style beans, beef brisket, and beef broth; bring to a boil. Reduce heat to low, cover, and simmer chili, stirring occasionally, until meat is very tender and flavors have blended, about 30 minutes. Season with liquid smoke flavoring, salt, and black pepper.
- ☐ Preheat a waffle iron on medium according to manufacturer's instructions.
- ☐ Whisk corn bread mix, egg, sour cream, and milk in a bowl to make a batter.

- ☐
- Pour about 1/2 cup batter, or as needed, onto hot waffle iron, close lid, and bake waffle until golden brown, 2 to 3 minutes. Repeat with remaining batter.
- ☐
- Serve chili over hot waffles.

Nutrition Facts



Properties

Glycemic Index:26.15, Glycemic Load:5.46, Inflammation Score:-9, Nutrition Score:19.829999975536%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 352.56kcal (17.63%), Fat: 13.02g (20.03%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 29.89g (10.87%), Sugar: 9.72g (10.8%), Cholesterol: 47.58mg (15.86%), Sodium: 991.46mg (43.11%), Alcohol: 1.33g (100%), Alcohol %: 0.48% (100%), Caffeine: 4.95mg (1.65%), Protein: 19.26g (38.51%), Vitamin A: 2181.29IU (43.63%), Fiber: 9.97g (39.87%), Phosphorus: 364.63mg (36.46%), Manganese: 0.62mg (31.15%), Iron: 5.04mg (28.02%), Vitamin B6: 0.49mg (24.56%), Vitamin E: 3.24mg (21.62%), Zinc: 3.22mg (21.47%), Vitamin B12: 1.28µg (21.38%), Vitamin B3: 4.21mg (21.04%), Selenium: 13.55µg (19.36%), Vitamin B2: 0.32mg (19.05%), Potassium: 650.44mg (18.58%), Vitamin B1: 0.27mg (18.04%), Magnesium: 71.68mg (17.92%), Copper: 0.35mg (17.3%), Vitamin K: 17.62µg (16.78%), Folate: 56.5µg (14.12%), Calcium: 132.62mg (13.26%), Vitamin B5: 0.62mg (6.16%), Vitamin C: 3.74mg (4.54%), Vitamin D: 0.27µg (1.78%)