



Tyler's Texas Chili

 Gluten Free

READY IN



160 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ancho peppers dried stemmed seeded
- 3 pounds beef chuck cut into 1-inch cubes
- 1 chipotle chile canned chopped
- 56 ounce tomatoes whole crushed canned
- 1 tablespoon chili powder
- 8 servings cilantro leaves for garnish
- 1 cinnamon sticks
- 2 tablespoons coriander whole

- 1 tablespoon cumin seed
- 6 cloves garlic chopped
- 0.5 jalapeno chopped
- 8 servings kosher salt and pepper black freshly ground
- 8 servings lime wedges for garnish
- 2 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 3 tablespoons olive oil extra-virgin
- 2 onions chopped
- 2 tablespoons oregano dried
- 8 servings queso fresco grated for garnish
- 1 teaspoon sugar
- 2 tablespoons paprika sweet

Equipment

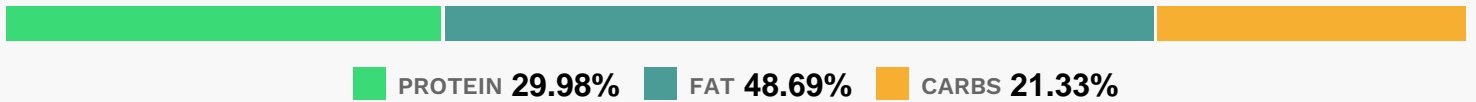
- food processor
- frying pan
- pot

Directions

- In a small dry skillet over low heat add the ancho peppers, oregano, paprika, coriander, cumin, and chili powder. Cook until they begin to smell, about 2 minutes.
- Put the spices into a spice mill or food processor and grind until they are powdered. Set aside.
- Heat a large heavy bottomed casserole over medium heat; add 3 tablespoons olive oil and the onions. Cook until the onions are soft and beginning to caramelize, about 10 minutes. Pat the beef dry and season it with salt and pepper.
- Add it to the pot and cook, stirring frequently, until it has browned on all sides, about 10 minutes.

- Add 2 tablespoons of the toasted spice mix, the garlic, chipotle, jalapeno, tomatoes, cinnamon stick, and sugar. Season with salt and stir well.
- Add some hot water until the meat is just covered with liquid. Return to the boil, reduce to a simmer, cover, and cook for 1 1/2 hours.
- Remove the meat and shred it with a fork. Return it to the pot, stir in the masa harina, and cook for another 10 minutes, uncovered, to thicken. Taste and adjust seasoning.
- Serve with the queso fresco, cilantro, and lime for garnish.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:36.823478180429%

Flavonoids

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 474.3kcal (23.71%), Fat: 26.78g (41.19%), Saturated Fat: 9.7g (60.6%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 17.89g (6.51%), Sugar: 12.33g (13.7%), Cholesterol: 118.06mg (39.35%), Sodium: 462.11mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.19%), Vitamin A: 4959.6IU (99.19%), Zinc: 13.55mg (90.32%), Vitamin B12: 4.66µg (77.67%), Vitamin B6: 1.13mg (56.58%), Selenium: 37.14µg (53.05%), Vitamin B3: 10.61mg (53.04%), Iron: 8.17mg (45.41%), Phosphorus: 415.7mg (41.57%), Potassium: 1336.35mg (38.18%), Vitamin K: 37.19µg (35.42%), Vitamin B2: 0.59mg (34.55%), Fiber: 8.5g (33.99%), Vitamin C: 26.82mg (32.51%), Manganese: 0.59mg (29.26%), Vitamin E: 4.05mg (26.97%), Magnesium: 82.98mg (20.74%), Vitamin B1: 0.28mg (18.86%), Copper: 0.33mg (16.71%), Calcium: 155.5mg (15.55%), Vitamin B5: 1.53mg (15.33%), Folate: 42.92µg (10.73%), Vitamin D: 0.2µg (1.31%)