

food
network



100%

Venison Chili



Gluten Free



Very Healthy

READY IN



200 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bottle beer
- ☐ 16 ounce canned tomatoes diced peeled canned
- ☐ 3 celery stalks diced
- ☐ 0.3 cup chili powder
- ☐ 1 small can chipotles pureed
- ☐ 2 cups black beans cooked
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper diced green

- ☐ 2 tablespoons ground cayenne
- ☐ 2 tablespoons ground chipotle
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons ground coriander
- ☐ 2 tablespoons ground cumin
- ☐ 8 servings pickled jalapeño chopped for garnish
- ☐ 3 jalapeños diced
- ☐ 8 servings manchego grated for garnish
- ☐ 2 tablespoons mexican oregano dried
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 2 cups onion diced red
- ☐ 2 cups veal stock
- ☐ 3 pounds venison shoulder cut into 3/4-inch cubes

Equipment

- ☐ sauce pan

Directions

- ☐ Add 1/2 cup of oil in a large saucepan and heat.
- ☐ Add the venison and brown, in batches, and set aside.
- ☐ Add pepper, onion, celery, jalapeno, and garlic and saute over a low heat until they are tender.
- ☐ Add the remaining oil, all of the dry spices and the venison and stir, completely incorporating the ingredients.
- ☐ Add the stock, beer, beans, tomatoes, and chipotle puree.
- ☐ Cover and simmer for 2 to 3 hours or until venison is fork tender. Check for seasoning and serve.
- ☐ Serve with grated manchego and pickled jalapeno.

Nutrition Facts



 **PROTEIN 54.95%**  **FAT 21.83%**  **CARBS 23.22%**

Properties

Glycemic Index:39.81, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:47.243912779767%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 521.85kcal (26.09%), Fat: 12.5g (19.23%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 18.89g (6.87%), Sugar: 6.17g (6.86%), Cholesterol: 193.28mg (64.43%), Sodium: 451.86mg (19.65%), Alcohol: 1.66g (100%), Alcohol %: 0.45% (100%), Protein: 70.79g (141.59%), Zinc: 16.16mg (107.73%), Vitamin B12: 5.21µg (86.89%), Vitamin B2: 1.38mg (80.91%), Vitamin B3: 15.88mg (79.38%), Iron: 13.92mg (77.32%), Vitamin A: 3622.55IU (72.45%), Vitamin B6: 1.37mg (68.31%), Phosphorus: 612.54mg (61.25%), Selenium: 34.88µg (49.83%), Vitamin E: 7mg (46.66%), Fiber: 11.01g (44.05%), Copper: 0.88mg (43.85%), Manganese: 0.81mg (40.53%), Potassium: 1355.05mg (38.72%), Vitamin C: 31.28mg (37.91%), Vitamin B1: 0.51mg (33.68%), Magnesium: 132.04mg (33.01%), Folate: 112.75µg (28.19%), Vitamin K: 27.66µg (26.34%), Vitamin B5: 2.22mg (22.19%), Calcium: 151.37mg (15.14%)