



Very Veggie and Beef Chili



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 16 ounce black beans rinsed drained canned
- ☐ 16 ounce kidney beans rinsed drained canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1 carrots diced
- ☐ 1.3 tablespoons chili powder
- ☐ 1 cup corn kernels white frozen
- ☐ 1 tablespoon garlic minced

- ☐ 1 bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound ground beef lean
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1 bell pepper yellow chopped
- ☐ 1 baby squash diced yellow
- ☐ 1 zucchini diced

Equipment

- ☐ pot

Directions

- ☐ Break ground beef into small pieces into a large pot over medium heat; cook and stir until beginning to brown, 3 to 5 minutes.
- ☐ Add onion, green bell pepper, yellow bell pepper, and carrot to ground beef; cook and stir until the vegetables begin to soften, 5 to 7 minutes. Stir zucchini and yellow squash into the beef mixture; continue cooking until the beef is completely browned, 3 to 5 minutes more.
- ☐ Drain excess liquid from the pot and return to medium heat.
- ☐ Stir crushed tomatoes, kidney beans, black beans, diced tomatoes, corn, and garlic into the beef mixture; bring to a boil. Season mixture with chili powder, brown sugar, paprika, oregano, cayenne pepper, cumin, salt, and black pepper.
- ☐ Reduce heat to low, place a cover on the pot, and cook chili at a simmer for 30 minutes.

Nutrition Facts



 **PROTEIN 33.73%**  **FAT 14.53%**  **CARBS 51.74%**

Properties

Glycemic Index:42.48, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:23.131739279498%

Flavonoids

Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 242.23kcal (12.11%), Fat: 4.07g (6.26%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 22.3g (8.11%), Sugar: 8.34g (9.27%), Cholesterol: 35.15mg (11.72%), Sodium: 688.31mg (29.93%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 21.26g (42.53%), Vitamin C: 56.91mg (68.98%), Vitamin A: 2071.36IU (41.43%), Fiber: 10.32g (41.27%), Manganese: 0.64mg (32.2%), Vitamin B6: 0.61mg (30.6%), Phosphorus: 298.97mg (29.9%), Potassium: 972.46mg (27.78%), Zinc: 4.07mg (27.16%), Vitamin B3: 5.32mg (26.58%), Iron: 4.65mg (25.84%), Folate: 89.98µg (22.49%), Vitamin B12: 1.27µg (21.17%), Copper: 0.42mg (21.06%), Magnesium: 80.43mg (20.11%), Vitamin B2: 0.33mg (19.64%), Selenium: 12.34µg (17.63%), Vitamin B1: 0.26mg (17.6%), Vitamin K: 11.79µg (11.23%), Vitamin E: 1.6mg (10.66%), Vitamin B5: 0.95mg (9.53%), Calcium: 87.93mg (8.79%)