



White Bean Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned (fire-roasted taste best)
- 2 ribs celery diced
- 2 teaspoons chili powder (such as ancho)
- 2 teaspoons cumin
- 2 cups great northern beans dried
- 4 cloves garlic minced
- 0.5 bell pepper green chopped
- 1 jalapeno finely minced seeded

- 1 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 2 onion diced
- 2 teaspoons oregano (Mexican, if available)
- 0.3 teaspoon pepper white red hot (add more if you like it)
- 1 teaspoons salt to taste (or)
- 5 cups vegetable stock

Equipment

- stove
- slow cooker
- pressure cooker

Directions

- Drain the beans and put them into a pressure cooker, crockpot, or large chili pot.
- Add a couple of pinches of baking soda to speed up the caramelization.)
- Add the onion to the beans. For pressure cooking: Seal the cooker and bring to high pressure. Reduce heat and cook for 10 minutes at high pressure.
- Remove from heat and allow pressure to come down naturally. Check to make sure beans are soft, and if they aren't, return to high pressure for another minute. Once the beans are soft, add the salt and tomatoes and taste for seasoning. If necessary, add more cumin, pepper, and chili powder. Simmer over low heat for at least 20 minutes. Just before serving, add masa harina; stir well and simmer for at least 5 minutes to thicken. For crockpot: Cook until beans are completely soft, on high for at least 6 hours or on low for at least 8 hours (crockpots vary, so adjust times as necessary).
- Add the salt and tomatoes, check seasonings, and cook for at least another hour.
- Add the masa and cook another 10 minutes. For stovetop: Cover and cook on low heat until beans are completely tender, about 1 1/2 hours, adding water as necessary.
- Add the salt and tomatoes, check the seasonings, and cook for at least 20 minutes. Just before serving, add masa harina, if necessary to thicken; stir well and simmer for at least 5 minutes. *To quick-soak beans in the pressure cooker, cover with two inches of water and bring to high pressure. Cook at high pressure for 1 minute, remove from heat, and allow

pressure to come down naturally before draining and using beans. To quick-soak without a pressure cooker, cover beans with 2 inches of water and bring to a boil. Boil for one minute. Cover and let stand for 1 hour before draining and using beans.

Nutrition Facts

PROTEIN 21.8% **FAT 4.15%** **CARBS 74.05%**

Properties

Glycemic Index:37.33, Glycemic Load:3.61, Inflammation Score:-9, Nutrition Score:25.244782364887%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 273.16kcal (13.66%), Fat: 1.32g (2.03%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 37.61g (13.67%), Sugar: 8.24g (9.15%), Cholesterol: 0mg (0%), Sodium: 1295.04mg (56.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Folate: 321.7µg (80.42%), Fiber: 15.45g (61.8%), Manganese: 1.18mg (59.05%), Magnesium: 142.84mg (35.71%), Copper: 0.69mg (34.46%), Potassium: 1204.01mg (34.4%), Vitamin B1: 0.51mg (34.11%), Phosphorus: 324.1mg (32.41%), Iron: 5.35mg (29.71%), Vitamin C: 24.12mg (29.23%), Vitamin B6: 0.52mg (25.9%), Vitamin A: 908.09IU (18.16%), Calcium: 170.48mg (17.05%), Vitamin K: 17.43µg (16.6%), Vitamin B2: 0.23mg (13.52%), Selenium: 9.25µg (13.21%), Vitamin B3: 2.51mg (12.55%), Zinc: 1.82mg (12.16%), Vitamin E: 1.55mg (10.36%), Vitamin B5: 0.98mg (9.82%)