



Wild Game Chili

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon ancho chile powder
- 0.5 cup beer (or use water)
- 1 cup bell peppers diced (any color)
- 8 ounce tomato sauce canned
- 0.5 orange habanero chile pepper red seeded finely chopped
- 1 mild chile pepper green seeded drained chopped canned (such as Anaheim) (or a 4-ounce can chiles,)
- 1 new mexico chile pepper seeded finely chopped
- 0.5 teaspoon chipotle chile powder

- 2.5 tablespoons chili powder
- 56 ounce fire-roasted tomatoes whole peeled canned
- 2 tablespoons parsley fresh chopped
- 6 cloves garlic minced
- 1.5 tablespoons ground cumin
- 2 jalapeño peppers seeded finely chopped
- 8 servings kosher salt
- 1.5 tablespoons olive oil extra-virgin plus more for brushing
- 1.5 teaspoons oregano dried
- 8 servings pepper freshly ground
- 3 tomatoes
- 2 cups vidalia sweet chopped
- 2 pounds ground moose
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Equipment

- frying pan
- baking sheet
- oven
- pot
- potato masher

Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Add the ground meat and cook, stirring and breaking up the meat, until no longer pink, about 10 minutes.
- Add half each of the onions and garlic and cook, stirring, 10 more minutes; set aside.
- Combine the fire-roasted tomatoes and tomato sauce in a large pot over medium heat and crush with a potato masher. Stir in the reserved meat, the remaining onions and garlic, the bell

peppers, parsley, green chile, jalapenos, habanero and New Mexico chile.

- Add the chili powder, ancho chile powder, chipotle chile powder, 2 teaspoons salt, the cumin, oregano, 1/2 teaspoon pepper and the beer. Reduce the heat to medium low and simmer, stirring occasionally, 1 hour.
- Meanwhile, preheat the oven to 200 degrees F and lightly brush a baking sheet with olive oil.
- Cut the tomatoes in half and set cut-side down on the prepared baking sheet.
- Brush the tomatoes with more olive oil and sprinkle with salt; bake until darkened and wrinkled, about 1 hour.
- Crush the tomatoes with the potato masher and add to the pot; cover and simmer 2 more hours. Season with salt.
- Photograph by Ryan Dausch

Nutrition Facts

 **PROTEIN 11.43%**  **FAT 24.7%**  **CARBS 63.87%**

Properties

Glycemic Index:42.63, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:13.993043277575%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 125.45kcal (6.27%), Fat: 3.64g (5.59%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 16.05g (5.84%), Sugar: 10.77g (11.97%), Cholesterol: 0mg (0%), Sodium: 708.72mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Vitamin C: 56.73mg (68.77%), Vitamin A: 2923.4IU (58.47%), Vitamin K: 30.78µg (29.31%), Fiber: 5.1g (20.38%), Iron: 3.23mg (17.97%), Vitamin E: 2.69mg (17.91%), Vitamin B6: 0.32mg (16.19%), Manganese: 0.31mg (15.44%), Potassium: 410.68mg (11.73%), Calcium: 111.04mg (11.1%), Folate: 33.5µg (8.37%), Copper: 0.15mg (7.48%), Magnesium: 28.24mg (7.06%), Vitamin B3: 1.36mg (6.79%), Phosphorus: 57.5mg (5.75%), Vitamin B2: 0.1mg (5.64%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.3mg (3.02%), Selenium: 1.41µg (2.01%)