



Willie's Chili

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



30

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 pounds beef tri-tip sirloin cut into 3/4-inch pieces
- 20 ounce tomatoes diced with green chile peppers (such as ro*tel®) canned
- 29 ounce tomatoes diced canned
- 1 tablespoon cayenne pepper
- 3 tablespoons chili powder
- 0.5 cup cornmeal or as needed
- 1 tablespoon cumin
- 1 tablespoon marjoram dried

- 1 tablespoon garlic powder
- 6 onions chopped
- 6 tablespoons paprika
- 3 tablespoons lawry's seasoned salt
- 3 tablespoons sugar
- 3 quarts water

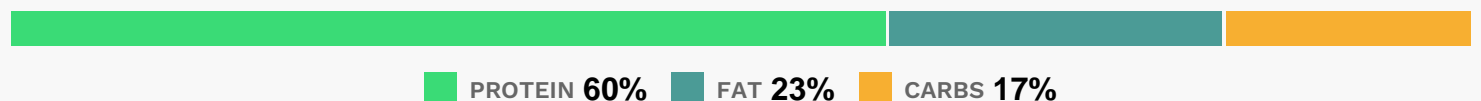
Equipment

- bowl
- frying pan
- pot

Directions

- Soak onions in water in a large bowl until the water takes on some of the onion flavor, at least 1 hour.
- Heat a large pot over medium-high heat. Cook and stir beef in the hot skillet until browned completely, about 10 minutes.
- Stir onion-and-water mixture, diced tomatoes, and diced tomatoes with green chile peppers with the beef in the pot; bring to a boil, reduce heat to medium-low, and simmer for about 90 minutes.
- Stir paprika, chili powder, sugar, seasoned salt, garlic powder, cumin, marjoram, and cayenne pepper into the liquid until dissolved; continue to cook at a simmer for 1 hour more.
- Stir cornmeal into the chili, 1 tablespoon at a time, simmering for a minute to check consistency before adding the next.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:2.51, Inflammation Score:-7, Nutrition Score:18.318695669589%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 206.03kcal (10.3%), Fat: 5.18g (7.96%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 6.63g (2.41%), Sugar: 3.51g (3.9%), Cholesterol: 74.84mg (24.95%), Sodium: 863.18mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.74%), Selenium: 39.86µg (56.94%), Vitamin B6: 1mg (50.24%), Vitamin B3: 9.34mg (46.68%), Zinc: 5.93mg (39.57%), Phosphorus: 306.97mg (30.7%), Vitamin B12: 1.7µg (28.35%), Vitamin A: 1058.64IU (21.17%), Iron: 3.65mg (20.3%), Potassium: 645.1mg (18.43%), Vitamin B2: 0.25mg (14.51%), Magnesium: 47.5mg (11.87%), Vitamin B1: 0.17mg (11.23%), Copper: 0.22mg (10.86%), Vitamin B5: 1mg (9.96%), Vitamin E: 1.47mg (9.79%), Fiber: 1.97g (7.88%), Manganese: 0.15mg (7.63%), Vitamin C: 6.13mg (7.43%), Folate: 26.53µg (6.63%), Calcium: 59.56mg (5.96%), Vitamin K: 5.46µg (5.2%)