



## Zucchini Chili

 Vegetarian  Gluten Free

READY IN



165 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby spinach
- 12 ounce beer (recommended: Negra Modela)
- 1 cup brown rice long grain light white
- 1 tablespoon butter
- 15 ounce black beans canned
- 1 tablespoon coriander
- 1 tablespoon cumin
- 1 teaspoon oregano dried

- 0.5 cup cilantro leaves fresh loosely packed
- 3 cloves garlic chopped
- 0.3 cup olive oil extra-virgin
- 2 small onions chopped
- 4 poblano peppers
- 1 chile pepper green red hot thinly sliced chopped
- 3 sprigs thyme leaves fresh chopped
- 0.3 cup tomato paste
- 2 cups vegetable stock
- 1.5 pounds to zucchini firm chopped

## Equipment

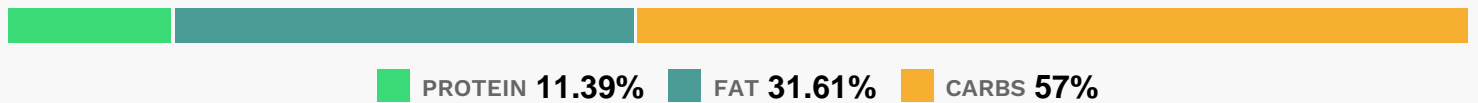
- food processor
- bowl
- frying pan
- oven
- pot
- broiler

## Directions

- Char the skins of the poblano chiles by placing them over a gas burner or under a hot broiler with the oven door slightly cracked. Turn the chiles until the skins are black.
- Remove and cool the chiles in a tightly covered bowl, then peel and finely chop or process into coarse puree in food processor.
- Heat extra-virgin olive oil over medium-high heat and add zucchini, onions, garlic, hot pepper, cumin, coriander, thyme, oregano, salt, and pepper, stir frequently for 10 minutes.
- Add in the tomato paste, and stir 1 minute more. Deglaze the pan with beer, stir in poblanos and beans and about half of the stock, bring to a bubble then reduce heat and simmer 10 to 15 minutes to combine flavors. Cool completely, cover and store for make-ahead meal. Reheat over medium heat.

- While the chili reheats make the rice. Melt the butter in a saucepot over medium heat and add the rice, toast a minute or 2, then stir in 1 1/2 cups stock, bring to a boil, reduce the heat and cook covered, over low heat 15 minutes.
- To food processor, add the spinach, cilantro, if using, and a little salt, and pulse into a fine paste. Stir the paste into the rice after 15 minutes. Turn off the heat, cover the pot and let the rice stand another 5 to 10 minutes. Fluff with a fork and serve in shallow bowls with zucchini chili and toppings of choice to garnish.
- Toppers to choose from: crushed tortillas or warm soft tortillas, sour cream, shredded cheeses, scallions or finely chopped onions, lime wedges.

## Nutrition Facts



### Properties

Glycemic Index:103.38, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:39.109565149183%

### Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 6.08mg, Luteolin: 6.08mg, Luteolin: 6.08mg, Luteolin: 6.08mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

### Nutrients (% of daily need)

Calories: 552.92kcal (27.65%), Fat: 19.3g (29.7%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 78.34g (26.11%), Net Carbohydrates: 63.11g (22.95%), Sugar: 12.51g (13.9%), Cholesterol: 7.53mg (2.51%), Sodium: 1108.96mg (48.22%), Alcohol: 3.32g (100%), Alcohol %: 0.56% (100%), Protein: 15.65g (31.3%), Vitamin C: 143.33mg (173.74%), Manganese: 2.8mg (139.77%), Vitamin K: 109.57µg (104.35%), Fiber: 15.23g (60.91%), Vitamin A: 2984.55IU (59.69%), Vitamin B6: 1.03mg (51.45%), Magnesium: 182.41mg (45.6%), Folate: 172.79µg (43.2%), Potassium: 1465.21mg (41.86%), Phosphorus: 414.57mg (41.46%), Vitamin B1: 0.54mg (35.82%), Iron: 6.18mg (34.34%), Copper: 0.63mg (31.49%), Vitamin E: 4.44mg (29.57%), Vitamin B3: 5.59mg (27.94%), Vitamin B2: 0.47mg (27.42%), Selenium: 14.72µg (21.03%), Zinc: 2.6mg (17.31%), Calcium: 150.6mg (15.06%), Vitamin B5: 1.5mg (14.99%)