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Ripped Chili

Ripped Chili is a hearty and spicy chili recipe that is perfect for cold winter nights. It has a rich history and is often enjoyed at chili cook-offs and tailgate parties. The chili is made with a combination of ground beef, beans, tomatoes, and spices, creating a flavorful and satisfying dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	Ground Beef
400 g	Kidney Beans
800 g	diced tomatoes
150 g	onion
10 g	garlic

20 g	chili powder
10 g	cumin
10 g	salt
5 g	black pepper
15 g	olive oil

Directions

Step 1

Sautéing

Heat olive oil in a large pot over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cooking

Add ground beef to the pot and cook until browned. Drain excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Mixing

Add diced tomatoes, kidney beans, chili powder, cumin, salt, and black pepper to the pot. Stir well.

Prep Time: 5 mins

Cook Time: 30 mins

Step 4

Simmering

Simmer the chili over low heat for 45 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 45 mins

Step 5

Serving

Serve the chili hot with your favorite toppings, such as shredded cheese, sour cream, and chopped green onions.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas Barbecue Picnic

Cuisines

Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat

Course

Main Dishes Side Dishes Salads Soups Snacks Sauces & Dressings

Cultural

Cinco de Mayo Diwali Thanksgiving Easter Halloween

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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