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30 Minute Chili

A quick and easy chili recipe that can be made in just 30 minutes. Perfect for a weeknight dinner or a cozy meal on a cold day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Ground Beef
150 g	onion
3 cloves	garlic
150 g	bell pepper
400 g	canned diced tomatoes
400 g	kidney beans

2 tsp	chili powder
1 tsp	cumin
1 tsp	salt
0.5 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add onion, garlic, and bell pepper. Cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add ground beef. Cook until browned.

Prep Time: 3 mins

Cook Time: 5 mins

Step 4

Stove

Add diced tomatoes, kidney beans, chili powder, cumin, salt, and pepper. Stir well.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stove

Simmer for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Course

Appetizers

Side Dishes

Breads

Salads

Soups

Snacks

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

Difficulty Level

Easy

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