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Beef Chili

Beef chili is a classic comfort food that is enjoyed around the world. It is a hearty and flavorful dish made with ground beef, beans, and spices. This recipe has a rich history and is often enjoyed during colder months. It is typically served with toppings such as cheese, sour cream, and chopped onions.

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
150 g	onion
3 cloves	garlic
150 g	Red Bell Pepper

400 g	Kidney Beans
400 g	tomato sauce
500 ml	beef broth
2 tsp	Chili powder
1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Stove

In a large pot, cook the ground beef over medium heat until browned.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

Add the onion, garlic, and red bell pepper to the pot. Cook until the vegetables are softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Stir in the chili powder, cumin, paprika, salt, and black pepper. Cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Add the kidney beans, tomato sauce, and beef broth to the pot. Bring to a boil, then reduce heat and simmer for 45 minutes.

Prep Time: 5 mins

Cook Time: 45 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	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 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	20 mg	1538.46%	1538.46%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	6 mg	40%	40%
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	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

French

American

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Dinner

Supper

Events

Picnic

Course

Sauces & Dressings

Side Dishes

Soups

Snacks

Appetizers

Main Dishes

Desserts

Salads

Drinks

Difficulty Level

Medium

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