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## Cowboy Chili

A hearty and flavorful chili that is perfect for cowboys and cowgirls. This chili is made with ground beef, beans, tomatoes, and spices, and is simmered for hours to develop deep flavors. It is traditionally served with cornbread and topped with cheese and sour cream.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 180 mins

**Total Time:** 200 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

500 g	Ground Beef
200 g	onion
4 cloves	garlic
400 g	Kidney Beans

<b>800 g</b>	canned tomatoes
<b>2 tsp</b>	chili powder
<b>1 tsp</b>	cumin
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

Stove

Heat olive oil in a large pot over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Add onions and garlic to the pot and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add ground beef to the pot and cook until browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

## Step 4

Stove

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

**Prep Time:** 5 mins

**Cook Time:** 127 mins

## Step 5

Stove

Simmer the chili over low heat for 2-3 hours, stirring occasionally.

**Prep Time:** 5 mins

**Cook Time:** 127 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 15 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	15 g	27.27%	30%
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)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
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	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	15 mg	0.44%	0.58%
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

Fall

### Events

Picnic

### Cuisines

Middle Eastern

### Meal Type

Breakfast

Lunch

Brunch

Dinner

Snack

### Kitchen Tools

Slow Cooker

### Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Salads

Soups

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

### Difficulty Level

Medium

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