

# Chili con Carne with Cheddar Scallion Biscuit Topping

*from "Gourmet"*  
*Dash Magazine - March 2013*

## Servings: 8

### FOR CHILI

2 1/2 pounds boneless beef chuck  
roast, cut into one-inch pieces  
2 cans (15 ounces ea) kidney beans,  
rinsed and drained  
1 can (15 ounces) diced tomatoes  
1 cup canned tomato puree  
2 medium onions, chopped  
3 cloves garlic, minced  
1 red bell pepper, chopped  
2 tablespoons chili powder  
1 tablespoon unsweetened cocoa  
powder  
1 tablespoon chopped canned chipotle  
chilies in adobo  
1 tablespoon Worcestershire sauce  
2 teaspoons dried oregano  
1 teaspoon ground cumin  
chopped tomatoes, cilantro, sliced  
scallion and cubes or slices of avocado  
(optional garnishes)

### FOR BISCUIT TOPPING

1 1/2 cups flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
2 tablespoons cold unsalted butter, cut  
into 1/2-inch pieces  
1 cup sharp cheddar cheese, coarsely  
grated  
2 scallions, chopped  
2/3 cup whole milk

## Preparation Time: 20 minutes

For the chili: Combine all of the chili ingredients in a 5- or 6-quart slow cooker and cook on HIGH for four hours or on LOW for eight hours.

For the biscuit topping: When the chili is about one hour from being done (see the Cook's Note), make the dough. Whisk together the flour, baking powder and salt in a large bowl. Blend in the butter with your fingertips until the mixture resembles coarse meal. Stir in the cheese and scallions with a fork, then add the milk and stir until a soft dough forms.

Remove the lid from the slow cooker and use a ladle to skim off as much fat as possible. Discard.

Drop the biscuit dough onto the chili in eight mounds. Cover with the lid and continue to cook until the biscuit topping is cooked through (the biscuits will not be browned).

Serve with your choice of garnishes.

Start to Finish Time: 4 hours 30 minutes

*COOKS NOTE: If the slow cooker is set on high, the biscuit topping will take about 45 minutes to cook. If the cooker is on a lower setting, it will take about one hour and 15 minutes to cook.*

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Per Serving (excluding unknown items): 366 Calories; 10g Fat (22.8% calories from fat); 19g Protein; 54g Carbohydrate; 14g Dietary Fiber; 25mg Cholesterol; 322mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	366	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	22.8%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	57.2%	<b>Thiamin B1 (mg):</b>	.5mg
<b>% Calories from Protein:</b>	20.0%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	10g	<b>Folacin (mcg):</b>	209mcg
<b>Saturated Fat (g):</b>	5g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	2mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	25mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	54g		
<b>Dietary Fiber (g):</b>	14g		
<b>Protein (g):</b>	19g		
<b>Sodium (mg):</b>	322mg		
<b>Potassium (mg):</b>	909mg		
<b>Calcium (mg):</b>	291mg		
<b>Iron (mg):</b>	6mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	39mg		
<b>Vitamin A (i.u.):</b>	1974IU		
<b>Vitamin A (r.e.):</b>	248 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	3
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	366	<b>Calories from Fat:</b>	83
<b>% Daily Values*</b>			
<b>Total Fat</b>	10g		15%
Saturated Fat	5g		27%
<b>Cholesterol</b>	25mg		8%
<b>Sodium</b>	322mg		13%
<b>Total Carbohydrates</b>	54g		18%
Dietary Fiber	14g		57%
<b>Protein</b>	19g		
<b>Vitamin A</b>			39%
<b>Vitamin C</b>			65%
<b>Calcium</b>			29%
<b>Iron</b>			34%

\* Percent Daily Values are based on a 2000 calorie diet.