

Slow Cooker Chili with Three Beans

Family Circle Magazine
www.FamilyCircle.com

Servings: 8

1 pound lean ground beef
2 cans (14.5 ounce ea) diced fire-roasted tomatoes, undrained
1 can (15 ounce) black beans, drained and rinsed
1 can (15 ounce) pinto beans, drained and rinsed
1 can (15 ounce) dark red kidney beans, drained and rinsed
1 can (14.5 ounce) beef broth
3 medium (1-1/2 cups) yellow onions, chopped
1 can (8 ounce) tomato sauce
1 tablespoon chili powder
1 canned chipotle pepper in adobo sauce, finely chopped
6 cloves garlic, minced
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1/2 teaspoon ground coriander
2 ounces bittersweet or semisweet chocolate, chopped
1 tablespoon honey
sour cream (optional)
chopped green onions (optional)

Preparation Time: 20 minutes

Slow Cooker: 8 hours

In a large skillet, cook the ground beef over medium-high heat until brown. Use a wooden spoon to break up the meat as it cooks. Drain off the fat.

Transfer the meat to a four- or five-quart slow cooker. Stir in the tomatoes, black beans, pinto beans, kidney beans, broth, yellow onions, tomato sauce, chili powder, chipotle pepper, garlic, cumin, cinnamon and coriander.

Cover and cook on LOW for six to eight hours or HIGH for three to four hours.

Stir in the chocolate and honey.

Cover and cook on HIGH for 15 minutes more until heated through.

If desired, serve with sour cream and green onions.

Per Serving (excluding unknown items): 363 Calories; 13g Fat (31.1% calories from fat); 23g Protein; 40g Carbohydrate; 11g Dietary Fiber; 43mg Cholesterol; 400mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	363
% Calories from Fat:	31.1%
% Calories from Carbohydrates:	44.0%
% Calories from Protein:	24.9%
Total Fat (g):	13g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	43mg
Carbohydrate (g):	40g
Dietary Fiber (g):	11g
Protein (g):	23g
Sodium (mg):	400mg
Potassium (mg):	1080mg
Calcium (mg):	90mg
Iron (mg):	5mg
Zinc (mg):	4mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	636IU
Vitamin A (r.e.):	63 1/2RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	247mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	363	Calories from Fat: 113
-----------------	-----	------------------------

% Daily Values*

Total Fat	13g	20%
Saturated Fat	5g	25%
Cholesterol	43mg	14%
Sodium	400mg	17%
Total Carbohydrates	40g	13%
Dietary Fiber	11g	45%
Protein	23g	
Vitamin A		13%
Vitamin C		13%
Calcium		9%
Iron		25%

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