

Mexican Chilli Con Carne

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mexican-chilli-con-carne-recipe>

Ingredients:

- 2 cups red kidney beans dried
- 3 brown onions 240g
- 1 bay leaf dried
- 1 1/2 liters water
- 150 grams speck chopped finely
- 1 chorizo sausage cured, 170g, chopped finely
- 400 grams beef minced, ground
- 2 cloves garlic crushed
- 2 tablespoons ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon chilli flakes dried
- 2 cups tomato pasta sauce bottled
- 2 teaspoons dried oregano
- 1/2 cup sour cream
- 1/2 cup coriander fresh, cilantro, loosely packed

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 55 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 7 grams
8. Sodium: 440 milligrams
9. Sugar: 11 grams
10. TransFat: 0.5 grams

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