

# Award Winning Chili Con Carne

Yield: 8 min  
Total Time: 155 min

Recipe from: <https://www.recipeschoose.com/recipes/award-winning-indian-curry-recipe>

## Ingredients:

- 4 tablespoons vegetable oil
- 1 green bell pepper chopped
- 1 yellow onion chopped
- 2 1/2 pounds lean ground beef
- 2 beef bouillon cubes
- 2/3 cup red wine
- 32 ounces whole peeled tomatoes chopped, juice reserved
- garlic cloves crushed
- 12 ounces tomato paste
- 1 1/2 teaspoons paprika
- 2 1/2 teaspoons chili powder
- 1 teaspoon cayenne pepper
- 2 1/2 teaspoons dried basil
- 1/2 teaspoon dried oregano
- 2 tablespoons dried parsley
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 12 drops hot pepper sauce e.g. Tabasco™
- 15 ounces kidney beans drained
- 3 tablespoons flour
- 3 tablespoons corn meal
- 1/2 cup water

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 90 milligrams

4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 35 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 920 milligrams
9. Sugar: 7 grams

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