

Masala Chili (Indian Spiced Chili)

Yield: 7 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chile-indian-recipe>

Ingredients:

- 1 pound lean ground meat chicken, beef, turkey, etc..
- 1 onion medium, chopped
- 2 1/2 green chilies chopped, seeded for less spice
- 2 cans black beans or favorite chili bean drained and rinsed well
- 28 ounces baked beans Bush's Vegetarian, see note
- 15 ounces diced tomatoes
- 1 cup chicken broth or water
- black pepper salt and, to taste
- lime juice about 1-2 tsp
- 2 tablespoons chili con carne powder
- 1 tablespoon cumin powder
- 1 teaspoon coriander powder
- 1 tablespoon garam masala powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon canela powder
- chili flakes Red chili Powder or red, to taste
- 1 teaspoon garlic powder granulated
- 1/2 teaspoon cumin seeds
- salt to taste

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 45 milligrams
4. Fat: 4 grams
5. Fiber: 15 grams
6. Protein: 29 grams

7. SaturatedFat: 1.5 grams
 8. Sodium: 1050 milligrams
 9. Sugar: 13 grams
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