

Texas Beef Chili

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-beef-chili-recipe-pakistani>

Ingredients:

- 1 pound beef grass-fed organic
- 1 green bell pepper seeded and diced
- 1 onion large, diced
- 4 large carrots chopped small
- 26 ounces chopped tomatoes finely
- 1/2 teaspoon ground black pepper
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1 tablespoon fresh parsley chopped
- 1 tablespoon worcestershire sauce
- 4 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 pinch cumin
- sour cream Dairy-free
- diced onions
- jalapenos Sliced

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 80 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 26 grams
7. SaturatedFat: 8 grams
8. Sodium: 800 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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