

# Frito Pie

Yield: 9 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-style-spicy-frito-pie-recipe>

## Ingredients:

- 2 tablespoons vegetable oil
- 2 yellow onions finely chopped
- 1 red bell pepper stemmed, seeded and finely chopped
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt divided
- 6 garlic cloves minced
- 2 pounds ground beef 85-90% lean
- 30 ounces red kidney beans dark, drained and rinsed
- 28 ounces diced tomatoes
- 28 ounces tomato puree
- 10 1/4 ounces Fritos Corn Chips
- 16 ounces sharp cheddar cheese shredded
- 2 green onions thinly sliced

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 120 milligrams
4. Fat: 36 grams
5. Fiber: 5 grams
6. Protein: 40 grams
7. SaturatedFat: 17 grams
8. Sodium: 1040 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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