

Mexican Beef Hummus Bowl + Mint Salsa

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-capsicum-salsa-recipe>

Ingredients:

- 1 1/8 pounds beef mince I used a lean mince, ~10% fat
- 1 brown onion
- 2 cloves garlic
- 2 teaspoons paprika not smoked or hot
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper adjust to suit your spice preference
- 1 cup beef stock
- 2 tablespoons tomato puree /paste
- 3 tomatoes
- 1 capsicum green, i.e. green pepper
- 1 green chilli long
- 2 spring onions sometimes called salad onions
- 1 lime
- 3 tablespoons olive oil extra virgin
- 1 bunch fresh mint
- hummus
- avocado fresh
- fresh lime
- grated cheese optional; omit to keep your meal dairy-free

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 85 milligrams
4. Fat: 32 grams
5. Fiber: 7 grams

6. Protein: 29 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 260 milligrams
 9. Sugar: 7 grams
 10. TransFat: 1.5 grams
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