

# Chalupa or Mexican Chili

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 1 pound ground meat beef or turkey
- 6 cups pinto beans cooked, with liquid, 3- 15 ounce cans
- 15 ounces tomato sauce
- 2 cups water
- 1 tablespoon sugar
- 2 tablespoons red chili powder
- 1 tablespoon taco seasoning
- corn chips
- lettuce
- guacamole
- sour cream
- salsa
- tomato
- cheese

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 90 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 35 grams
7. SaturatedFat: 8 grams
8. Sodium: 960 milligrams
9. Sugar: 15 grams
10. TransFat: 1 grams

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