

Chilli con Carne Tacos

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-hot-chilli-con-carne-recipe>

Ingredients:

- 1 pound extra lean beef mince
- 1 tablespoon rapeseed oil
- 1 chilli sachet Schwartz, con Carne Recipe Mix
- 2 11/16 cups chopped tomatoes
- 1 2/3 cups red kidney beans drained & rinsed
- 2 tablespoons jalapenos chopped red or green, from a jar
- 1/2 cup cold water
- 12 taco shells
- cheddar cheese grated
- iceberg lettuce shredded
- tomatoes diced
- sour cream
- jalapenos sliced, from a jar

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 10 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 12 grams
7. SaturatedFat: 6 grams
8. Sodium: 300 milligrams
9. Sugar: 6 grams

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