

# Frito Chili Pie

Yield: 8 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-red-curry-recipe-w-garam-masa>

## Ingredients:

- 2 pounds ground chuck
- 3 cloves garlic Minced, optional
- 14 ounces tomato sauce
- 1 ounce diced tomatoes Ro-tel, And Chilies
- 1/2 teaspoon salt
- 1 teaspoon oregano Ground
- 1 tablespoon ground cumin
- 2 tablespoons chili powder more To Taste
- 14 ounces kidney beans Drained And Rinsed
- 14 ounces pinto beans Drained And Rinsed
- 1/4 cup masa corn Flour Or Regular Corn Meal
- 1/2 cup warm water
- 1 bag fritos
- sharp cheddar cheese Grated
- red onion Diced, Optional

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 80 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 7 grams
8. Sodium: 480 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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