

# Bowl of Red Chili

Yield: 9 min  
Total Time: 385 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-bowl-of-red-recipe>

## Ingredients:

- 3 tablespoons olive oil
- 3 pounds ground beef chuck coarsely
- 4 garlic cloves minced
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1/4 cup chili powder
- 1/4 cup masa harina
- 2 cups beef stock
- 1 cup tomatoes pureed
- freshly ground pepper
- salt

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 105 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 10 grams
8. Sodium: 330 milligrams
9. Sugar: 1 grams
10. TransFat: 1.5 grams

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