

# My Ultimate Chilli Con Carne

Yield: 6 min  
Total Time: 55 min

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

## Ingredients:

- 1 3/4 pounds beef shin of, – diced into 2cm chunks
- 2 red onions medium, roughly chopped
- 2 carrots roughly chopped
- 4 cloves garlic peeled and crushed
- 2 red peppers roughly chopped
- 4 red chillies roughly chopped, seeds and all!
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 tablespoon smoked paprika
- 3 bay leaves
- 1 teaspoon dried oregano
- 1 tablespoon brown sugar
- 7/8 pound tomatoes tinned
- 7/8 cup coffee freshly brewed strong
- 1 cup beef stock
- 1 2/3 cups kidney beans drained

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 90 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 200 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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