

# Mexican Mince and Beans

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 onion diced
- 2 cloves garlic crushed
- 500 grams beef mince
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1/4 cup tomato paste
- 2 tablespoons plain flour
- 400 grams diced tomatoes
- 400 grams kidney beans
- 1 avocado /150g frozen avocado, mashed
- 1/2 cup sour cream
- 1/2 cup grated cheese
- 2 cups long grain rice

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 99 grams
3. Cholesterol: 100 milligrams
4. Fat: 38 grams
5. Fiber: 7 grams
6. Protein: 40 grams
7. SaturatedFat: 12 grams
8. Sodium: 260 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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