

Chili Con Carne

Yield: 5 min

Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-authentic-mexican-chili-con-carne>

Ingredients:

- 2 tablespoons red chili powder
- 1 teaspoon chipotle chile powder
- 1 tablespoon ground cumin
- 2 teaspoons ground oregano
- 1 teaspoon thyme
- 1/2 teaspoon coriander seeds ground
- 4 tablespoons water
- 4 strips bacon
- 2 1/2 pounds chuck roast cut into 1/2-inch cubes
- salt
- 1 white onion medium, chopped
- 3 cloves garlic minced
- 2 jalapeño chili peppers stems removed, seeded, ribs removed, minced
- 14 ounces tomatoes whole
- 2 1/2 cups water
- 1 tablespoon lime juice freshly squeezed
- 1 teaspoon sugar
- 14 ounces red kidney beans drained and rinsed
- 1 teaspoon cornstarch dissolved in a couple tablespoons of water
- salt
- cheddar cheese optional
- red onion optional

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 170 milligrams
4. Fat: 54 grams
5. Fiber: 3 grams

6. Protein: 53 grams
7. SaturatedFat: 20 grams
8. Sodium: 710 milligrams
9. Sugar: 5 grams

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