

Quick and Easy Mexican Beef Chili

Yield: 12 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mexican-beef-chili-recipe>

Ingredients:

- 4 cups unsalted beef stock Kitchen Basics®
- 3 red onions small, diced
- 3 jalapeno peppers fresh, sliced
- 4 cloves garlic chopped
- 4 cups corn kernel
- 56 ounces crushed tomatoes
- 1 pound lean ground beef
- 32 ounces kidney beans drained
- 3 tablespoons chili powder
- 1/2 cup shredded Monterey Jack cheese

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 30 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 18 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 260 milligrams
9. Sugar: 3 grams

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