

Home Made Chilli Con Carne

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-beef-mince-kebab-recipe>

Ingredients:

- 1 tablespoon peanut oil
- 1 brown onion halved, finely chopped
- 2 garlic cloves crushed
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 beef
- 2 teaspoons cayenne pepper optional
- 1 1/8 pounds beef mince
- 1 can diced tomatoes
- 2 tablespoons tomato paste
- 1 1/4 cups red kidney beans drained, rinsed
- 2 tablespoons chillies chopped jalapeno, optional
- salt
- freshly ground black pepper
- sour cream
- 3 shallots green, thinly sliced
- 2 tablespoons fresh coriander chopped
- rice to serve

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 165 milligrams
4. Fat: 42 grams
5. Fiber: 2 grams
6. Protein: 54 grams
7. SaturatedFat: 16 grams
8. Sodium: 460 milligrams
9. Sugar: 4 grams

10. TransFat: 2.5 grams

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