

Chilli Con Carne

Yield: 8 min

Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/chili-cheese-sandwich-recipe-indian>

Ingredients:

- 2 tablespoons olive oil
- 2 onions large, peeled and chopped
- 6 cloves garlic peeled and chopped/crushed
- 1 1/8 pounds minced beef
- 1 1/2 cups red wine full-bodied
- 3/4 cup hot water
- 2 stock cubes
- 4 tablespoons Worcestershire sauce
- 2 tablespoons honey
- 2 red bell peppers chopped
- 400 milliliters chopped tomatoes tins
- 1 teaspoon smoked paprika
- 4 teaspoons cumin
- 2 teaspoons ground coriander
- 2 teaspoons hot chilli powder
- 3 teaspoons ground ginger
- 2 teaspoons herbs mixed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 chilli chopped fresh, more if you like it hotter
- 3 tablespoons tomato puree /paste
- 1 tablespoon tomato ketchup
- 1 teaspoon chipotle paste
- 2 chunks dark chocolate 80 or 90% cocoa
- 400 grams kidney beans drained and rinsed
- 420 grams mixed beans drained and rinsed
- fresh coriander Small bunch chopped, cilantro
- cooked rice
- fresh coriander cilantro
- sour cream
- chillies chopped fresh

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 340 milligrams
9. Sugar: 12 grams
10. TransFat: 0.5 grams

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