Chilli con carne
RECIPE

# Chilli con carne



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|---|---|
| **TIME** | 40 mins |
| **INGREDIENTS** | 13 items |
| **MAKES** | 4 servings |

Our chilli con carne recipe is loaded with kidney beans and black beans and makes a perfect mid-week dinner for everyone.

## INGREDIENTS

- 2 x Ben's Original™ Long Grain Microwave Rice 220g
- 450g extra-lean minced beef
- 1 medium onion, chopped
- 1 clove garlic, finely chopped
- 200g sweetcorn
- 200g red kidney beans, rinsed and drained
- 200g black beans, rinsed and drained
- 1 medium tomato, seeded and chopped
- 1 can (226.8g) chopped tomato
- 1 tbsp chili powder
- 1 tsp ground cumin

- Lime wedges
- Coriander

## INSTRUCTION

1. In large saucepan, cook and stir minced beef, onion and garlic together for 5 to 7 minutes or until brown; drain.
2. Stir in remaining ingredients except rice, lime and coriander. Heat to boiling. Cover and simmer 15 to 20 minutes, stirring occasionally, until thick.
3. Meanwhile, heat Ben's Original™ rice as directed on package. Serve chilli with rice. Garnish with lime wedge and coriander.

## NUTRITION

**Amount Per Serving**

- Energy (kcal) 525.84
- Energy (kJ) 2198.74
- Protein (g) 37.49
- Saturated Fat (g) 3.36
- Added Sugar (g) 0
- Total Carbohydrate (g) 61.49
- Total Fat (g) 11.23
- Total Sugar (g) 6.01
- Dietary Fibre (g) 13.67
- Sodium (mg) 570.00

## Categories:

Beef, 30 - 45 MIN, Long Grain, Stove Top, Crowd pleasers, Easy family dinners

## MORE RECIPES LIKE THIS



### Mexican Salad

Cooking time

20 mins

Ingredients

12 items



## Mexican Style Chicken Pitta

Cooking time

25 mins

Ingredients

13 items



## Beef Stew

Cooking time

145 mins

Ingredients

12 items

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**Source URL:** *https://uk.bensoriginal.com/rice-recipes/chilli-con-carne*