

Chilli con carne
RECIPE

Chilli con carne



<?xml version="1.0"?>

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.

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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:

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Mexican Salad

Cooking time

20 mins

Ingredients

12 items

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Mexican Style Chicken Pitta

Cooking time

25 mins

Ingredients

13 items

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Beef Stew

Cooking time

145 mins

Ingredients

12 items

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