

Chili Con Carne RECIPE

Chili Con Carne



<?xml version="1.0"?>

TIME

40 min

INGREDIENTS

13 items

MAKES

4 servings

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

SHARE

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)
- <?xml version="1.0" encoding="UTF-8"?> Email (opens in new window)

Use the email icon to send the Grocery list and the Recipe to your email.

<?xml version="1.0"?>

Share your Recipe

Select options

Email a grocery list

Email a grocery list

Email a recipe

Email a recipe

Email address

Email address

CAPTCHA

This question is for testing whether or not you are a human visitor and to prevent automated spam submissions.

INGREDIENTS

- 2 pouches (each 250 g) BEN'S ORIGINAL™ BISTRO EXPRESS™ CONVERTED™ Brand Rice
- 450 g (1 lb) Extra-lean minced beef
- 1 Medium onion, chopped
- 1 Clove garlic, finely chopped
- 1 cup (250 mL) Sweetcorn
- 1 cup (250 mL) cooked Red kidney beans, rinsed and drained
- 1 cup (250 mL) Black beans, rinsed and drained
- 1 Medium tomato, seeded and chopped
- 1 cup (250 mL) Canned chopped tomato
- 1 Tbsp (15 mL) Chili powder
- 1 tsp (5 mL) Ground cumin
- Lime wedges
- Coriander

INSTRUCTION

1. 1

In large saucepan, cook and stir ground beef, onion and garlic together for 5 to 7 minutes or until brown; drain.

2. 2

Stir in remaining ingridients except rice, lime and coriander. Heating to boiling. Cover and simmer 15 to 20 minutes, stirring occasionally, until thick.

3. 3

Meanwhile, heat rice as directed on package. Serve chilli with rice. Garnish with lime wedge and cilantro.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 526
- Carbohydrates (g) 61 g
- Dietary Fiber (g) 13 g
- Protein (g) 37 g
- Sugars (g) 6 g
- Total Fat (g) 11 g

CATEGORIES:

Beef, more than 20, Ready to Heat Rice

MORE RECIPES LIKE THIS



Cheesy One Pan Beef Enchilada Meal

Cooking time

20 min

Ingredients

5 items

SEE DETAILS

×

Rice & Bean Tostada Bowls

Cooking time

15 min

Ingredients

6 items

SEE DETAILS

×

Hoisin Honey Pork with Jasmine Rice

Cooking time

20 min

Ingredients

13 items

SEE DETAILS

Source URL: https://ca.bensoriginal.com/recipes/chili-con-carne