

Email a grocery list

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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.
In large saucepan, cook and stir ground beef, onion and garlic together for 5 to 7 minutes or until brown; drain.
2.
Stir in remaining ingredients except rice, lime and coriander. Heating to boiling. Cover and simmer 15 to 20 minutes, stirring occasionally, until thick.
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

- Sodium (mg) 570 mg

CATEGORIES :

[Beef](#), [more than 20](#), [Ready to Heat Rice](#)

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[Cheesy One Pan Beef Enchilada Meal](#)

Cooking time

20 min

Ingredients

5 items

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[Rice & Bean Tostada Bowls](#)

Cooking time

15 min

Ingredients

6 items

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[Hoisin Honey Pork with Jasmine Rice](#)

Cooking time

20 min

Ingredients

13 items

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