

CANNED BEEF CHILI CON CARNE



Don't know what to do with the canned beef. Here is a surprisingly tasty recipe that could be used as a dip or a main course even over rice or mashed potatoes.



Prep time: **15 minutes** cook time: **30-35 minutes** Yields: **8 servings**

Ingredients

- 1 pound can of Beef, drained
- 1 14.6 ounce can red kidney beans
- 1 medium onion, chopped
- 6 cloves of garlic, minced
- 1 14.6 ounce can tomato sauce
- 1 cup water
- 2 tablespoons tomato paste
- 1 tablespoon olive oil
- 1 package taco seasoning
- 2 tablespoons chili powder
- 1 tablespoon beef bouillon
- 2 tablespoons sugar
- 2 tablespoons dried oregano
- 1/2 tablespoon cumin
- Salt & pepper to taste

Directions

Heat your oil in a pot on medium high-heat, add in fully-drained beef, cook until warmed and a little crispy. Add in the onion & garlic. sauté until onions are translucent (about 2 minute).

Add your dry ingredients taco seasoning, chili powder, beef bouillon, sugar, oregano and cumin. Stir until well combined and cook for about 45 seconds to let your spices bloom. Immediately mix in the tomato past and cook for another 30 seconds.

Next add in the tomato sauce, water and kidney beans. Stir and bring to a boil, then reduce heat and simmer for 30 minute or until the chili con carne is reduced to your desired thickness.

Enjoy!

Nutrition Facts

8 servings per container

Serving size 1 bowl (220g)

Amount Per Serving

Calories **240**

% Daily Value*

Total Fat 9g	12%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Cholesterol 50mg	17%
Sodium 1240mg	54%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.