

# Chilli Con Carne (GF) MB3

## Description:

This South American classic chilli beef and beans is made from the finest grade of lean beef that is browned and cooked with herbs and spices, tomatoes and veggies to create a hearty warm meal. We have kept the chilli heat mild, but you can sprinkle chilli flakes to boost the heat to your liking without adding any extra calories. Gluten free Good source of protein (27g per serve) Good source of dietary fibre Low in saturated fat Contains grass-fed beef Chilli rating: 2 Heating & Storage Instructions Nutrition Ingredients: Beef Mince (29%), Diced Tomato (Tomato, Citric Acid), Red Kidney Beans (12%), Red Capsicum, Mushroom, Zucchini, Carrot, Onion, Tomato Paste, Corn, Gluten Free Soy Sauce, Fresh Coriander, Beef Stock, Paprika, Cumin, Garlic, Cinnamon, Olive Oil, Chilli Powder, Corn Starch. Allergens: SoybeansMay Contain: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin