

Chilli Con Carne (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/chilli-con-carne-gf>

Details:

Product

Product Facts

****Product Name**:** Chilli Con Carne (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Ready-to-Eat ****GTIN**:** 9358266000618 ****MPN**:** 9358266000618

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 (30g 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 (32%), Diced Tomato (16%) (Tomato, Citric Acid), Red Kidney Beans (12%), Mushroom, Red Capsicum, Carrot, Zucchini, Onion, Tomato Paste, Corn Kernels, Gluten Free Soy Sauce, Beef Stock, Fresh Coriander, Paprika, Cumin, Garlic, Cinnamon, Olive Oil, Chilli Powder, Corn Starch. Allergens: Soybeans May Contain: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

Variant	Price	Availability	---	---	---	110006.GF	14.95 AUD		110006.GF-MP1	13.85 AUD	
	110006.GF-MP2	13.50 AUD		110006.GF-MP3	12.95 AUD		110006.GF-MP4	13.55 AUD		110006.GF-MP5	14.40 AUD
	110006.GF-MP6	10.15 AUD		110006.GF-MB1	14.90 AUD		110006.GF-MB2	14.50 AUD		110006.GF-MB3	13.95 AUD
	110006.GF-MB4	13.50 AUD		110006.GF-MP7	14.05 AUD		110006.GF-MB4	13.50 AUD		110006.GF-MB4	13.50 AUD

Chilli Con Carne (GF)

Make dinner straightforward with a hearty beef-and-bean chilli. Be Fit Food's Chilli Con Carne combines beef mince, red kidney beans and tomato with vegetables, cumin, paprika and a little chilli. The recipe is described as mild and carries a chilli rating of 2.

Displayed price: A\$14.95 , checked 19 October 2026. Confirm the current price and selected product at checkout.

Choosing this meal

This is a useful option when you want a beef dish with beans and vegetables already part of the recipe. Beef mince makes up 32%, diced tomato 16% and red kidney beans 12%. Mushroom, capsicum, carrot, zucchini, onion and corn add variety, while coriander, garlic and spices give the dish its character.

The product is labelled gluten free, but it contains soybeans: the recipe uses gluten-free soy sauce. Gluten-free and soy-free are different requirements, so check the complete declaration below if you are choosing for an allergy.

Compare this with Naked Burrito Bowl if you would prefer a chicken-and-quinoa dish, or Vegan Bolognese if you are looking for a plant-based main. Those are different recipes with their own allergens; a similar flavour direction does not mean the meals are interchangeable for dietary needs.

Ingredients and allergens

Ingredients: Beef Mince (32%), Diced Tomato (16%) (Tomato, Citric Acid), Red Kidney Beans (12%), Mushroom, Red Capsicum, Carrot, Zucchini, Onion, Tomato Paste, Corn Kernels, Gluten Free Soy Sauce, Beef Stock, Fresh Coriander, Paprika, Cumin, Garlic, Cinnamon, Olive Oil, Chilli Powder, Corn Starch.

Allergens: Soybeans May Contain: Fish, Egg, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

Nutrition information

Serving size: 324 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1130 kJ (269 Cal)	347 kJ (83 Cal)
Protein	30.0g	9.3g	Fat	9.0g	2.8g	Saturated fat	3.0g	0.9g
Carbohydrate	13.8g	4.2g	Sugars	7.3g	2.2g	Fibre	5.8g	1.8g
Sodium	319mg	98mg	Gluten	Nil Detected		Nil Detected		

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Preparation and storage

Follow the storage and preparation directions on the pack you receive. Use the product-specific instructions rather than assuming every meal or snack has the same heating time. The heating and storage help centre provides further guidance.

Questions about Chilli Con Carne

Is it a hot chilli?

The product description calls the chilli heat mild and gives it a chilli rating of 2. Use that stated rating when comparing it with other meals; spice preferences are personal.

Does it contain beans as well as beef?

Yes. The recipe contains beef mince at 32% and red kidney beans at 12%, alongside tomato and other vegetables. It is a prepared beef-and-bean dish.

Is gluten free the same as soy free here?

No. Soybeans are a declared allergen and gluten-free soy sauce is an ingredient. Read both the ingredients and the “may contain” information before choosing.

Order and delivery

Check delivery coverage for your postcode and the available delivery schedule . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and choose your quantity . To plan several meals, compare meal bundles or browse the individual meal menu .

For an ingredient or ordering question, contact Be Fit Food . Check your delivered label, including any “may contain” declaration, before choosing for a food allergy.