



COLORFUL BISON CHILI

Submitted by Martha McFarland
2459 290th St, Fredericksburg IA 50630
hawkeyebuffalo@gmail.com
(641) 229-6701

Directions:

1. In a large pot, brown burger. Set aside.
 2. In the same pot, sauté onions & garlic until onions are carmelized on med-low heat.
 3. Add bell peppers & greens. Saute 3 min.
 4. Add spices, tomatoes, tomato paste, salsa and beans.
 5. Add burger.
 6. Bring to a boil, then simmer on low for 20 min or longer. (The longer it simmers, the more the flavors will meld.)
 7. Garnish with crumbled queso fresco, chopped fresh cilantro, and sour cream.
- Serves 10

Ingredients:

1 lb ground bison
1 white onion, diced
3 cloves garlic, crushed
1 green bell pepper, chopped 1" pieces
1 orange bell pepper, chopped 1" pieces
1 red bell pepper, chopped 1" pieces
1 cup chard or kale leaves, chopped 1" pieces, no stems
3 TBSP Cumin
1 TBSP Dried Cilantro
1 TSP Chili powder
2 TBSP Oregano
2 TSP Smoked Paprika
1 TSP Pepper
3 bay leaves
1 can roasted tomatoes, 2 TBSP tomato paste
3 cans stewed Mexican tomatoes
1-2 cans salsa (I use Med Safeway black bean)
1 can black beans
1 large can chili beans
1 can kidney beans
1 can white beans
queso fresco cheese
fresh cilantro
sour cream