

BISON CHILI

Serves 4

Rhoda Friesen | independent food consultant | Westminster, CO

INGREDIENTS

1 pound Ground Bison
1 medium onion, chopped
1 15oz. can pinto beans, rinsed and drained
2 16oz. cans peeled tomatoes
1/2 cup water
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground pepper
1/4 cup fresh cilantro, chopped



DIRECTIONS

In a non-stick skillet, sauté the ground bison and onion until the meat is browned and the onion is tender.

Add the pinto beans, tomatoes, water and seasonings. Cover and simmer for 1 hour, adding more water if chili becomes too thick.

Add chopped cilantro and simmer an additional 10 minutes.

Spoon into bowls and garnish with grated cheese or diced jalapeño peppers.

NUTRITION

Per serving of meat: 156 calories; 9.1 g fat; 30 mg cholesterol; 60 mg sodium.

Per serving of chili: 360 calories; 12.5 g fat (31% calories from fat); 69 mg cholesterol; 30.9 g carbohydrate; 720 mg sodium.