

Rustick Bison Chili

Ingredients:

1 lb. ground lean bison
1 cup chopped onion
2 cloves garlic, minced
1 cup chopped bell pepper
2-3 Tbsp chili powder
2 tsp cocoa powder
2 tsp salt
1 tsp dried leaf oregano, crushed
1 tsp ground cinnamon
1 tsp ground cumin
½ tsp ground black pepper
¼ tsp ground allspice
2 cans (14 ½ oz. ea.) diced tomatoes and juice
2 cans (8 oz. ea.) tomato sauce
1 can (15 oz.) small pinto beans, rinsed and drained
1 can (15 oz.) white or black beans, rinsed and drained

Directions:

- Coat surface of large pan with non-stick cooking spray. Sauté bison for 3 minutes; stirring to crumble. Add onion and garlic, sauté 5 additional minutes.
- Mix in bell pepper, chili powder, cocoa powder, salt, oregano, cinnamon, cumin, black pepper and allspice. Cook 2 minutes.
- Add tomatoes, tomato sauce, beans, water and chilies. Stir to blend and simmer for 45-60 minutes.
- Serve with condiments such as sour cream, cilantro or cheese if desired.

Nutrients per serving: calories 251; protein 19g;
carbohydrates 29g; iron 6 mg; fat 7 g; cholesterol
33 mg; sodium 1386 mg.