



Bison Lentil Chili

Source: Big Sky School District

Servings

6

Ingredients

- 2 tsp Olive oil
- 1 1/2 cups Yellow onion
- 2/3 cup Green pepper
- 1 Tbsp 1/2 tsp Garlic
- 3/4 lb Ground bison
- 1/2 cup Lentils, *dried, Spanish brown lentil or similar*
- 2 1/2 tsp Cumin
- 1 Tbsp Chili powder
- 2 tsp Smoked paprika
- 1/3 cup Tomato paste, *low sodium*



- 1 3/4 cups Diced tomatoes, *no salt added*
- 1 1/4 cups Beef broth, *low sodium*
- 1 1/2 cups Kidney beans, *low sodium, drained and rinsed*
- 1 1/2 cups Pinto beans, *low sodium, drained and rinsed*
- 1 tsp Lime juice
- 3 Tbsp Cilantro

Preparation

1. Heat oil in medium or large pot.
2. Add onions, peppers, and garlic and sauté until soft.
3. Add bison and cook until browned, breaking up chunks. Stir in spices and mix until bison is fully cooked and fully coated in spices.
4. Add tomato paste, diced tomatoes, broth, beans, lentils, and lime juice.
5. Bring to a boil, then lower heat and allow to simmer, stirring occasionally, until chili thickens, and lentils are cooked through (about 35 minutes). Add more water if too thick.
6. Add chopped cilantro before serving.

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