

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.
- 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.

Dig Deeper

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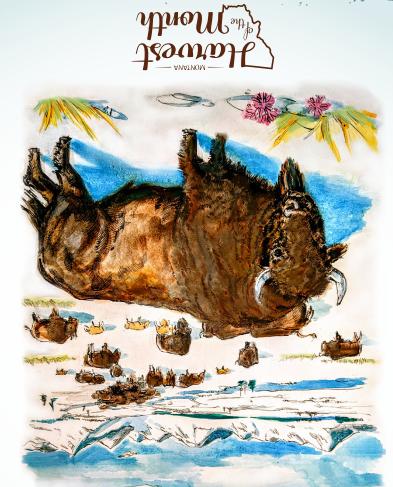
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