

# Healthy Bison Chili

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound lean ground bison
- 2-4 tablespoons chili powder (depending on your desired spice level)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper (optional)
- 1/2 teaspoon salt/Mrs. Dash seasoning
- 1 (28-ounce) can diced or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans salt free dark red kidney beans, rinsed and drained
- 1 (15 oz) can salt free corn, rinsed and drained
- Topping ideas: cheese, avocado, tortilla chips, cilantro, or sour cream

*(you can substitute bison with lean ground turkey or lean ground beef)*



Servings: 6 | Calories: 340 | Carbohydrates: 46g | Protein: 32g | Fat: 4g

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
2. Add in ground bison and break up the meat; cooking until no longer pink. Drain grease. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
3. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
4. Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.



# Benefits of Beans

- Energy-packed
- Reduces bad cholesterol
- Heart Healthy
- Iron Rich
- Supports eye health
- Great source of Fiber
- Promotes weight loss
- Regulates blood sugar
- Good Protein Source
- Rich in Vitamins & Minerals

North Dakota is the largest bean producing state in the US! Home to tribes: the Mandan, Hidatsa, & Arikara Nation (Three Affiliated Tribes), the Spirit Lake Nation, the Standing Rock Sioux Tribe, the Turtle Mountain Band of Chippewa Indians, and the Sisseton-Wahpeton Oyate Nation.