

HEALTHY BISON CHILI

This bison chili has all the savory flavor of an authentic Texas chili & the ease of slow cooker preparation. With not too much spice, it's a dish the whole crowd can enjoy.

However, if you're looking for extra heat in your chili, you can always supplement with spices such as cayenne, red pepper flake, or additional helpings of your favorite hot sauce.

INGREDIENTS

- 2 tsp oil, divided
- 2.5 lbs bison meat (whole or ground), chopped or cubed
- 1 yellow onion, diced
- 5 cloves of garlic
- 5 tbsp chili powder, or to taste
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp kosher salt
- 1 14.5 oz can whole fire-roasted tomatoes, crushed by hand
- 1-2 dashes of your favorite hot sauce
- 1-2 cans of kidney beans (optional)
- 4 cups chicken broth

COOKING INSTRUCTIONS

1. Heat 1 tsp oil in a large soup pot or Dutch oven over medium-high heat. When the oil shimmers, add the bison & cook until browned, taking care not to break the meat into very small pieces, about 10 minutes. Transfer the bison to a plate using a slotted spoon & set aside. Drain the liquid in the bottom of the pot & discard.
2. Keep the pot over medium-high heat & add the remaining 1 tsp oil, the peppers & onions. Cook until softened & beginning to brown, about 5 minutes. Add the spices & garlic. Cook & stir until the spices are fragrant & toasted, 1 to 2 minutes. Add the tomatoes with the juices & bring to a simmer while scraping any browned bits off the bottom of the pan, about 2 minutes.
3. Return the bison to the pot & add the beans & broth. Bring to a boil, & then reduce the heat, cover & simmer until thickened, about 45 minutes.
4. Season with salt to taste. Serve with cilantro & chopped onions.
5. Serve with cornbread or no-fry bread.

