



Bison Chili

Ingredients:

- 1 pound ground bison (or 1 pound lean ground beef)
- 1 medium onion, chopped
- 2 (16-ounce) cans tomatoes
- 1 (16-ounce) can pinto or kidney beans, rinsed and drained
- ½ cup water
- ½ teaspoon salt (optional)
- ½ teaspoon ground black pepper
- 2 teaspoons chili powder

1. Cook the ground bison and onion in a skillet on low heat until meat is browned and the onion is tender, about 10 minutes.
2. Add the beans, tomatoes, water, and seasonings.
3. Cover and simmer on low heat for 1 hour, adding more water if chili becomes too thick. Makes about seven 1-cup servings.

Nutrient Content per Serving:

- Calories: 136
- Fat: 2 grams
- Protein: 15 grams
- Carbohydrate: 15 grams
- Sodium: 578 milligrams
- Cholesterol: 30 milligrams
- Total dietary fiber: 4 grams