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WILD ORGANIC WELLNESS

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Bison and Bean Chili

Prep Time: 10 minutes

Cooking Time: 40-55 minutes

Yields: 4 Serves

Ingredients:

1 tablespoon	coconut oil
1	yellow onion, chopped
2-3 cloves	garlic, minced
1 cup	carrots, cut in ½ moons
1	red bell pepper, cut ½ inch cubes
1 teaspoon	chili powder
1 teaspoon	cumin
1 teaspoon	paprika
3 tablespoons	organic tomato paste
1 pound	ground bison
1 can	black, kidney or garbanzo beans
2 cups	chicken or vegetable broth
1 teaspoon	sea salt

Directions:

Heat the oil in a large heavy saucepan. Add onion and garlic and sauté until the onion starts to brown. Chop carrots and bell peppers. Set aside. Add all the seasonings, tomato paste, carrots, bell pepper, bison and beans to pan. Sauté for 10 minutes.

Add the broth. Cover and simmer for 30-45 minutes.

Taste and adjust the seasonings.

Taste for salt.

Serve over a bed of greens, quinoa or brown rice.

Feed Your Wild