

Bison Lentil Chili

Preparation time: 30 minutes | Cook time: 2 hours



HACCP Process: _____ 1 – No Cook 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Olive oil		1/4 cup		1/2 cup	<ol style="list-style-type: none"> Heat oil in large stock pot or tilt skillet. Add onions, green peppers (or fajita style vegetables), and garlic. Saute until soft. Add salt and bison and cook until browned, breaking up chunks. Stir in spices and tomato paste, cook, stirring regularly, until bison is fully cooked and fully coated in spices. Critical Control Point: Cook to 160°F for at least 15 seconds. Add lentils, diced tomatoes, broth, kidney beans, and pinto beans. Bring to a boil. Cook until the soup reaches 165°F. 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. Critical Control Point: Heat to 165°F for at least 15 seconds. Stir in the lime juice and cilantro just prior to serving. Serve an 8 fl oz portion. Critical Control Point: Hold for hot service at 135°F or higher. Service options: serve with shredded cheddar cheese and/or hot sauce.
Onions, fresh, diced		5 whole onions		10 whole onions	
Green pepper, fresh, diced (or USDA fajita style peppers, diced)	2 lb 8 oz fajita style vegetables OR	4 whole peppers	5 lb fajita style vegetables OR	8 whole peppers	
Garlic, minced		3/4 cup		1 1/2 cups	
Bison, ground, raw	5 lb		10 lb		
Salt		1 Tbsp		2 Tbsp	
Cumin, ground		1/3 cup		2/3 cup	
Chili powder		1/2 cup		1 cup	
Smoked paprika		1/4 cup		1/2 cup	
Tomato paste, canned		2 cups		1 qt	
Lentils, dried		1 qt		2 qt	
Diced tomatoes, canned, drained, low sodium		1 No. 10 can		2 No. 10 cans	
Beef broth, low sodium		2 qt		1 gal	
Kidney beans, canned, drained		1 No. 10 can		2 No. 10 cans	
Pinto beans, canned, drained		1 No. 10 can		2 No. 10 cans	
Lime juice		1/4 cup		1/2 cup	
Cilantro, fresh, chopped		1 cup		2 cups	



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Serving Size: 1 cup (8 fl oz spoodle)

Yield: 50 servings = 3 gallons, 2 cups | 100 servings = 6 gallons, 1 quart

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 2.0 oz meat equivalent (1 oz bison + 1 oz lentils), 3/8 cup red/orange vegetable, 3/8 cup legumes (kidney beans + pinto beans), and 1/8 cup other vegetable.

Nutrition Analysis (Based on Serving Size)	
Calories (cal)	203
Total Fat (g)	4.7 g
Saturated Fat (g)	1.4 g
Cholesterol (mg)	23 mg
Sodium (mg)	405 mg
Total Carbohydrate (g)	25 g
Dietary Fiber (g)	8 g
Total Sugars (g)	6 g
Added Sugars included (g)	6 g
Protein (g)	17 g
Vitamin D (mcg)	0.01 mcg
Calcium (mg)	96 mg
Iron (mg)	4 mg
Potassium (mg)	635 mg

N/A = data not available

Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
 Original Source: Lindsie Hurlbut, Big Sky School District, MT
 Standardized by: Anna Holloway and staff, Gardiner School, MT, and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Onion, fresh, diced	1.25 lb	2.5 lb
Green pepper, fresh, diced	1 lb	2 lb
Cilantro, fresh, chopped	3 oz	6 oz

Notes

Spanish brown lentils are the preferred type of lentil to use in this recipe. Any kind of lentil works.



June 2022, Montana Team Nutrition, www.montana.edu/teamnutrition/, www.montana.edu/mtfarmtoschool/
 This project was funded using U.S. Department of Agriculture grant funds.
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