



Bison Lentil Chili

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Lindsie Hurlbut, Big Sky School District, MT

Servings

6

Ingredients

1/2 Tbsp Olive oil

1/2 Onion, fresh, diced

1/2 Green pepper, fresh, diced

1 1/2 Tbsp Garlic, minced

10 oz Bison, ground, raw

1/2 tsp Salt

1 1/2 tsp Cumin, ground

1 Tbsp Chili powder

1 1/2 tsp Smoked paprika

1/4 cup Tomato paste, canned

1/2 cup Lentils, dried

1 1/2 cups Diced tomatoes, canned, drained, low sodium

1 cup Beef broth, low sodium

1 1/3 cups Kidney beans, canned, drained

1 1/4 cups Pinto beans, canned, drained

1 1/2 tsp Lime juice

2 Tbsp Cilantro, fresh, chopped

Preparation

1. Heat oil in large pot. Add onions, green peppers, 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.
2. Add lentils, diced tomatoes, broth, kidney beans, and pinto beans.
3. Bring to a boil. 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.
4. Stir in lime juice and cilantro just prior to serving.

Optional: serve with shredded cheddar cheese and/or hot sauce.

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Bison



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