

Montana

Lentil and Bison Chili

Featured Food: Lentils and Bison

Makes: 6 servings

Ingredients

- 1 pound ground bison
- 1 ½ cups onion, chopped
- 1 clove garlic, crushed
- 2 cups lentils, cooked, drained
- 2 cans tomatoes, low-sodium, diced or crushed (14.5 ounces each)
- 1 tablespoon chili powder
- ½ teaspoon cumin, ground? (optional)



Directions

1. In a large saucepan, brown bison over medium-high heat, breaking it into bite sized pieces.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder, and cumin. Reduce heat to low and cook for about 30 minutes until flavors are blended.
4. Serve hot with your favorite chili toppings.

Recipe from: Montana State University Extension Service, Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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