

Wyoming

Quick Bison Chili

Featured Food: Bison, Elk, and Venison

Makes: 6 servings

Ingredients

- 1 pound ground bison, elk, or venison
- 2 cans kidney beans, low sodium?(15.5 ounces each)
- 2 cups tomato sauce, low sodium
- 1 tablespoon onion, dried minced
- 1 ½ tablespoons chili powder
- salt and black pepper to taste



Directions

1. Thoroughly cook ground meat in skillet until browned.
2. Drain off fat into container.
3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder.
4. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Recipe from: *Simply Good Eating Recipe Cards, Vol. 1, 2000*, University of Minnesota Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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