

Bison Pumpkin Chili*

15 ingredients · 30 minutes · 4 servings



Directions

1. Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and sauté for about 5 to 7 minutes, or until the meat is cooked through.
2. Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add diced tomatoes, salsa, pumpkin, beans, water, maple syrup (optional) and salt. Let simmer about 10 minutes.
3. Divide coleslaw into bowls. Top with chili and enjoy!

Notes

No Bison

Use extra lean ground beef, chicken, turkey, lamb or venison.

Optional Toppings

Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

Spice it Up

Add more seasoning to suit your taste. Use more salsa to give it more kick.

More Veggies

Add bell peppers, corn, peas, more beans or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

Vegan or Vegetarian

Use mixed beans and/or tofu instead of ground meat.

Leftovers

Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

Make More and Freeze for Later

Double the recipe, freeze for later use.

Leftover Pumpkin?

Freeze in cup-measured portions for later use.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil
- 1 **lb** Ground Bison (or grass-fed ground beef)
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 **tbps** Chili Powder
- 1 **tbps** Cumin
- 1 **tsp** Paprika
- 1 **can** Diced Tomatoes (14-15 ounce)
- 1 **cup** Organic Salsa
- 1 **cup** Pureed Pumpkin (canned pumpkin)
- 1 **cup** Water (adjust to desired thickness)
- 1 **1/2 tps** Maple Syrup (optional)
- 1 **tsp** Sea Salt
- 4 **cups** Coleslaw Mix
- 1 **can** Red Kidney Beans (drained and rinsed)