

Bison Pumpkin Chili

13 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 saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
2. Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
3. Divide coleslaw into bowls. Top with chili and enjoy!

Notes

Optional Toppings

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

More Veggies

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

No Bison

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

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.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1 **lb** Ground Bison
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 **tblsps** Chili Powder
- 1 **tblsp** Cumin
- 1 **tsp** Paprika
- 1 **cup** Crushed Tomatoes
- 1 **cup** Pureed Pumpkin
- 1 **cup** Water
- 1 **1/2 tsps** Maple Syrup
- 1 **tsp** Sea Salt
- 4 **cups** Coleslaw Mix

Nutrition

Amount per serving

Calories	300	Vitamin C	48mg
Fat	13g	Calcium	140mg
Saturated	4g	Iron	7mg
Carbs	24g	Vitamin D	0IU
Fiber	8g	Vitamin B6	0.7mg
Sugar	12g	Folate	30µg
Protein	27g	Vitamin B12	2.2µg
Cholesterol	62mg	Magnesium	65mg

Sodium	936mg	Zinc	6mg
Potassium	809mg	Selenium	24µg
Vitamin A	14152IU		