

Steph's Bison Pumpkin Chili

14 ingredients · 30 minutes · 10 servings



Directions

1. Heat olive oil in a large skillet over medium-high heat. Add the onions and saute until translucent then add the garlic, and saute for about 2 minutes then add the 90% lean bison and cook until mostly cooked then add the seasonings, continuing to cook until meat is cooked through.
2. Add crushed tomatoes, pumpkin, kidney beans, bay leaf and bone broth. Let simmer about 10 minutes.
3. Drizzle maple syrup as you remove from heat then divide into bowls (serving size is ~ 1 cup) and top with: avocado, sour cream or plain Greek yogurt, sprinkle cheese, onions, jalapenos!!!??? your choice!!

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 **tbsp** Extra Virgin Olive Oil
- 2 **lbs** Ground Bison
- 1 Yellow Onion (diced)
- 7 **1/2** Garlic (cloves, minced)
- 2 **tbsps** Chili Powder
- 2 **1/2 tbsps** Cumin
- 2 **1/2 tsps** Paprika
- 2 **1/2 cups** Crushed Tomatoes
- 2 **1/2 cups** Pureed Pumpkin
- 8 **1/2 fl ozs** Bone Broth
- 2 **tbsps** Maple Syrup
- 2 **1/2 tsps** Sea Salt
- 1 Bay Leaf
- 1 **cup** Red Kidney Beans

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|---------|
| Calories | 250 | Cholesterol | 54mg |
| Fat | 10g | Sodium | 861mg |
| Carbs | 20g | Vitamin A | 10520IU |
| Fiber | 6g | Vitamin C | 10mg |
| Sugar | 8g | Calcium | 96mg |
| Protein | 23g | Iron | 7mg |

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<http://www.oneonenutrition.com>

