

## Bold Bison Chili

by Heather Ostern

### *Ingredients:*

¼ cup vegetable oil  
3 large yellow onions, chopped  
3 bell peppers of different color, red, yellow and orange  
½ cup chili powder  
2 Tablespoons Cumin  
2 teaspoons Cayenne Pepper  
15-20 drops Louisiana Hot Sauce  
Coarse Salt as needed  
10 garlic cloves  
4 lbs. ground bison  
4 (15 oz.) cans of Dark Red Kidney Beans, Pinto Beans, Black Beans and Navy beans  
1 (28 oz.) can of Diced Tomatoes  
2 (14.5 oz.) cans of Diced Roasted Garlic Tomatoes  
5 (10.75 oz.) cans of Tomato Puree  
Water as needed

Serves a large group of people, but if you want to stock your freezer with extra chili, then this recipe should make enough for 1 dinner of 4-5 people and then still leave you enough to put away 3 dinners. You will need 1 large stockpot and a large frying pan. Or cut the recipe in half and just use regular size pots and pans!

### *Directions:*

1. Chop onions and bell peppers. Mince garlic cloves and set aside. Combine chili powder, cumin, cayenne pepper and 1 teaspoon of coarse salt in a small bowl. Set aside.
2. Using a large frying pan, heat ¼ cup vegetable oil. Add the onions and bell pepper into the skillet. Now add chili powder combination into the pan with onions and bell peppers. Combine spices thoroughly. Stir in 15-20 drops of Louisiana Hot Sauce. Cook over medium heat for about 10 minutes or until vegetables become pliable.
3. Turn burner on low and throw in minced garlic, cooking and stirring continuously for 30 seconds to prevent scorching (garlic burns easily).
4. Include ground bison into the pan and brown.

5. Open each can of beans and drain out their juice. Open cans of Tomato Puree and Diced tomatoes.
6. Add the drained beans, the tomato puree and the diced tomatoes (including their juice) to your large stockpot. Now transfer the browned bison and spiced vegetables to your large stockpot. .
7. Season mixture in stockpot with 1 teaspoon of coarse salt. If the chili is too thick for your liking or too spicy, then you may add a little water as needed. I usually add about 1/4 cup.
8. Cover and simmer for 30 minutes. Stir every so often just to make sure the beans aren't burning on the bottom of the pot. Now uncover and simmer for another 30 to 45 minutes.