

BISON BLACK BEAN CHILI



A HEARTY MEAL FOR CHILI FALL WEATHER

Just in time for the cool chili weather this delicious recipe features local ground Bison, organic beans, and sweet red bell peppers from the local farmers market for a mouth watering, warm healthy option good for the whole family. Ground Bison is a healthier alternative to ground Beef as it is naturally lower in fat and calories and higher in iron, with a rich hearty flavour Bison is a must this fall. This Chili is best cooked on a slow simmer or in the slow cooker for a few hours to really let the flavour develop.

INGREDIENTS

- 3 tablespoons Maison Orphee Organic Extra Virgin Olive Oil or Chosen Foods Avocado Oil
- 1 pound Northhorizon Ground Bison
- 1 large onion, diced
- 4 cloves Desbarats Farms garlic, minced
- 3 tablespoons Simply Organic Chili Powder
- 2 tablespoons unsweetened Green and Blacks cocoa powder
- 1 teaspoon Fair Trade Organic instant espresso powder or instant coffee
- 1/8 teaspoon Simply Organic Cayenne Pepper
- ¼ teaspoon Simply Organic Turmeric
- ¾ teaspoon Celtic Sea Salt Fine Ground or Himalayan Salt
- 2 large organic red bell peppers, chopped (about 3 cups)
- ½ cup Bob's Redmill Quoina
- 2(14oz) cans Eden Organic Black Beans, rinsed
- 1(14oz) can Eden Organic Garbanzo Beans(Chick Peas), rinsed
- 1(14oz) can Eden Organic Kidney Beans, rinsed
- 1(14oz) organic no-salt-added diced tomatoes
- 4 cups Harvest Sun Organic Beef Bouillon or Stock & Broth Beef Stock
- 1 container Tofutti Dairy Free Sour Cream
- 1 Package Violife Vegan Cheddar Style Shredded Cheese

DIRECTIONS

1. Heat oil in a pan over medium-high heat. Add ground Bison, onion, garlic, chili powder, cocoa powder, instant espresso, cayenne, turmeric and salt. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Move meat to the slower cooker and add the red bell peppers, quoina, beans, tomatoes and beef broth. Turn on low for 4-6 hours or high 2-3 hours.
3. Step 3 Serve hot with a good dollop of Tofutti dairy free sour cream and a healthy sprinkle of Violife Vegan Cheddar Style Shredded Cheese. Side with half an Unbun slathered in Miyoko's Creamery Cultured Vegan Butter.