

Bison Pumpkin Chili

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Can use ground turkey or venison as an alternative to bison

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

Nutrition

Amount per serving

Calories	300	Calcium	141mg
Fat	13g	Iron	8mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	1g	Thiamine	0.2mg
Monounsaturated	6g	Riboflavin	0.4mg
Carbs	24g	Niacin	8mg
Fiber	8g	Vitamin B6	0.7mg

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<https://www.caringforthebody.org>



Sugar	12g	Folate	30µg
Protein	27g	Vitamin B12	2.2µg
Cholesterol	62mg	Phosphorous	286mg
Sodium	935mg	Magnesium	65mg
Potassium	849mg	Zinc	6mg
Vitamin A	14151IU	Selenium	25µg
Vitamin C	45mg		