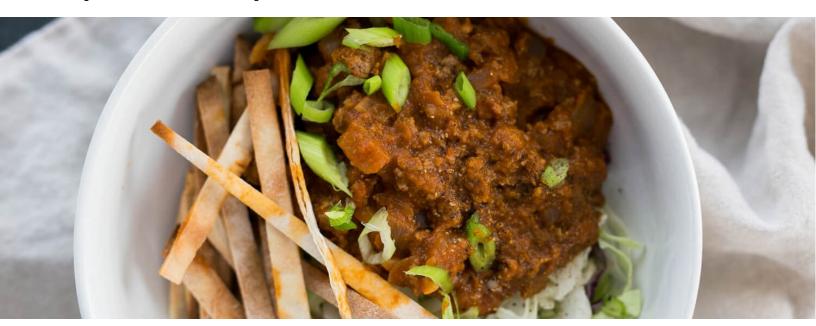
# Bison Pumpkin Chili Cynthia Libert, M.D. Can use ground turkey or venison as an alternative to bison

# **Bison Pumpkin Chili**

13 ingredients · 30 minutes · 4 servings



### **Directions**

- 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 tsps 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



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		

