



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Bison Chili

- 2 Tbsp olive oil
- 1 lb ground bison
- 1 medium sized onion, chopped
- 2 cups kidney beans (can use 1 lb can, drained & rinsed)
- 2 cups tomatoes (can use 1 lb can)
- 1 Tbsp chili powder
- 1½ tsp salt
- Pepper to taste
- 1/8 tsp cayenne pepper
- 3/4 cups shredded Cheddar or Swiss cheese (optional)

1. In a large skillet (or pot) having a tight fitting lid, heat the olive oil (or other oil you prefer)
2. Add onions and cook over medium heat until transparent
3. Add ground bison and cook over medium heat until lightly browned, breaking into small pieces with a fork or spoon
4. Add slowly and stir in the kidney beans and tomatoes
5. Add a mixture of the next 4 ingredients (chili powder, salt, pepper and cayenne pepper)
6. Cover and simmer, stirring occasionally for about an hour
7. Sprinkle shredded cheese on top just before serving (optional)

Serve with French bread and a salad for a well balanced, tasty, nutritious meal!

You may substitute ground beef for the ground bison

Makes 4 - 6 servings