



## RECIPE

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### Bison Chili

#### SERVINGS

8 Single bowl servings

#### PREP TIME

5 - 10 Minutes

#### COOK TIME

1 1/2 Hours

#### INGREDIENTS

- 2 lb ground bison
- 1 ½ large onions, chopped fine
- 1 clove garlic, minced
- 2 cans of kidney beans
- 2 qt tomato juice
- 1 tbsp corn starch
- 1 tbsp sugar
- 1 ½ tbsp. chili powder
- 1 tsp paprika
- 2 tsp salt

#### INSTRUCTIONS

- Brown bison, onions, and garlic.
- Add kidney beans and tomato juice, simmer.
- Mix together remaining ingredients, add to soup.
- Simmer for 1 hour, stir occasionally.



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### Hearty Bison Stew (slow cooker)

#### SERVINGS

6 – 8 Servings

#### PREP TIME

5 – 10 Minutes

#### COOK TIME

12 Hours (Slow Cooker low setting)

#### INGREDIENTS

- 2 lb bison stew meat,  
cut in 1 inch cube
- 5 carrots, cut in 1 inch pieces
- 1 large onion, cut in chunks
- 3 stalks celery, sliced
- 1 12oz can of tomatoes
- ½ cup quick cooking tapioca
- ½ tsp ground cloves
- 2 bay leaves
- 1 tsp salt
- ½ tsp pepper

#### INSTRUCTIONS

- Trim all fat from meat.
- Put all ingredients in slow cooker.
- Mix thoroughly.
- Cover and cook on low  
for 12 hours.