

# Bison Chili



- 1 to 1-1/2 pounds of ground bison
- 1 tablespoon of Ghee
- 1 medium onion (diced)
- 2 cloves of garlic (minced)
- 1 medium bell pepper (diced)
- 1 hot pepper of your choice
- 1 container of tomato sauce Prego 67 ounces
- 4 cans of organic kidney beans (15.5 ounces each)
- 1 can of diced tomatoes (15.5 ounces)
- 1 can of tomato paste (6 ounces)
- Salt, pepper, and chili pepper to taste
- Optional cheddar cheese, scallions, and sour cream

## Instructions

- Melt the Ghee in a cast iron pot
- Fry the meat, onions, garlic, and peppers together until lightly browned in the Ghee
- Drain the fat if needed (I do not drain bison since there is very little grease)
- Drain the kidney beans and save the liquid for the worm or compost bin
- Add the beans, tomato paste, diced tomatoes, and tomato sauce
- On the woodstove cook on low fire for several hours, stirring occasionally