

"HOME ON THE RANGE" BISON CHILI

By Hank Simecek, Author of Hank's Chili Daze

Buffalo meat is noted for its low content of cholesterol and fats. The meat should be cooked more slowly than regular meat to make it tender.

INGREDIENTS

3#	Ground Bison
---	Olive Oil
2	Thinly Slice Onions
4	Cloves Minced Garlic
1	Cube Beef Bouillon w/water
3	Finely Chopped Bay Leaves
6 T	Chili Powder
1	Chopped Red or Green Pepper
1	3.5 oz can Chopped Green Chilies
1 can	(15 oz) Tomato Sauce
1 T	Ground Cumin
½ T	Oregano
½ T	Paprika
1 t	Each- Salt & Pepper

Brown meat slowly with onion and garlic. When done, add water/bouillon cube to cover. Add bay leaves and chili powder. Simmer. In another skillet, sauté bell pepper and green chilies until soft. Add tomato sauce and simmer 30 minutes. Add all to meat mixture and cook until tender. Add remaining spices and simmer 20 minutes. Serve with hard rolls, French or Italian bread or possibly bagels.