

Bison Chili from Scratch

Savannah · 30/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

12 hrs 40 mins

Description

Lean grassfed bison a bold spice blend and slowcooked goodness combine in this bison chili from scratch An adaptation of a web recipe that approximates the littlebrownbag spice mix using allnatural ingredients

Ingredients

- - ½ pound dried red beans - ¼ cup vegetable oil - 1 large onion
- diced - 6 cloves garlic
- minced - 1 ½ pounds ground bison - 8 medium tomatoes
- finely chopped
- with liquid - 2 tablespoons red pepper flakes
- or more to taste - 4 teaspoons ground cumin - 3 teaspoons dried oregano - 1 teaspoon chili powder
- or more to taste - 1 teaspoon sea salt - 1 teaspoon ground white pepper - 1 teaspoon paprika - 1 cup water
- 2 tablespoons masa flour
- or more as needed

Instructions

1. Rinse beans. Combine with 3 quarts of cold water in a large pot. Soak 8 hours to overnight. Drain beans and return to the pot. Add 3 quarts fresh water and bring to a boil. Reduce heat to low and simmer uncovered until tender
2. 1 to 2 hours. Drain and set aside. Heat vegetable oil in a 4-quart stockpot over medium heat. Add onion and stir until softened
3. 5 to 10 minutes. Add garlic
4. stir for a minute
5. then add bison and cook until browned
6. 10 to 15 minutes. Stir tomatoes and liquid into stockpot. Combine red pepper flakes
7. cumin
8. oregano
9. chili powder
10. sea salt
11. white pepper
12. and paprika in a small container and stir to mix. Add to the stockpot and stir through. Add 1 cup water and stir gently while bringing water to a boil
13. about 5 minutes. Reduce heat to low and simmer
14. uncovered
15. for 1 hour. Taste bison mixture and adjust seasoning as desired. Add beans and mix through. Sprinkle 1 tablespoon masa flour on top and gently stir in to achieve a medium-thick consistency. Cover and simmer chili over low heat for 1 hour. Uncover chili
16. stir
17. and add another tablespoon masa flour. Continue simmering
18. uncovered
19. over low heat to desired consistency
20. 60 to 90 minutes. Cover the pot or add a teaspoon of masa flour to control consistency. Cook's Notes: Do not salt the bean water; it will make the beans cook more slowly. Use bison suet in place of vegetable oil
21. if you have it. Cut the kernels from leftover corn on the cob and add about 1 cup when you add the beans.