



Bison Pumpkin Chili

2 servings
 30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Ground Bison
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tsp Paprika
- 1 cup Crushed Tomatoes
- 1 cup Pureed Pumpkin
- 1 cup Water
- 1 1/2 tps Maple Syrup (use raw honey instead to make it SIBO friendly)
- 1 tsp Sea Salt
- 4 cups Coleslaw Mix

Nutrition

Amount per serving	
Calories	600
Fat	26g
Saturated	8g
Carbs	47g
Fiber	15g
Sugar	24g
Protein	54g
Cholesterol	125mg
Sodium	1871mg

Directions

- 1 Another Candida and SIBO friendly recipe!
- 2 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 3 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 4 Divide coleslaw into bowls. Top with chili and enjoy!

Notes

Optional Toppings: Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

More Veggies: Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

No Bison: Use extra lean ground beef, chicken, turkey, lamb or venison.

Vegan or Vegetarian: Use mixed beans and/or tofu instead of ground meat.

Leftovers: Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

Pumpkin for reduced metabolic syndrome risk.: Metabolic syndrome is a cluster of symptoms associated with abdominal obesity. These include high blood pressure, poor blood sugar control and elevated triglyceride levels and are all factors that raise your risk of heart disease and diabetes. Eating foods rich in beta-carotene, such as pumpkin, may help lower your risk of metabolic syndrome. Br J Nutr. 2015 Nov 28;114(10):1674-82. doi: 10.1017/S0007114515003268. Epub 2015 Sep 14.