Mild Bison and Bean Chili
Serves 8

This mild chili appeals to all ages. The beans and squash can be mashed for toddlers. This can be made ahead and freezes well. Ground turkey can also be substituted for the ground bison/beef.

450g (1 pound) ground farmed bison or half ground bison, half ground beef
1 small onion, minced
1 – 540ml can low sodium kidney or pinto beans, drained and rinsed
1 – 796ml can no salt added diced tomatoes
1 cup diced butternut squash (or any available squash or leftover mashed squash)
1 teaspoon mild chili powder
1/2 teaspoon ground cumin
1/2 teaspoon mild paprika

Place a large pot over medium-high heat. Brown the ground meat until no pink remains. Drain the excess fat.

Add the onion and cook until soft. Stir in the beans, tomatoes, squash and spices. Simmer the chili for 30 minutes until the squash is soft. Check that the chili has reached 74°C (165°F).