

SIMPLE CHILI



America's Artisan Spice & Tea Company

Servings: Six

Equipment: Dutch Oven

Ingredients:

One lb Ground Bison

One 14.5 oz Can Pinto Beans

One 14.5 oz Can Chili Beans

One 14.5 oz Can Dark Kidney Beans

Two 14.5 oz Cans Fire Roasted Tomatoes

Three Cups Beef Broth

One Onion- Chopped

Two Carrots - Chopped

Two Cloves of Garlic - Minced

Two Heaping TBSP Fennel and Fire Organic Chili Seasoning

Half Tsp. Flour

Directions:

*Brown ground bison in dutch oven on stove top over medium heat. Once cooked through, sprinkle 1/2 teaspoon of flour over hot meat, stir for one more minute. Remove meat from dutch oven.

*Add carrots, onion, and garlic to Dutch Oven, cook over medium heat for 5-7 min stirring often.

*Add canned beans and canned tomatoes. Stir 2-3 min.

*Add Beef Broth and Fennel and Fire Chili Seasoning

*Add cooked beef back into pot. Stir.

*Bring to boil. Boil 3-5 min.

* Reduce to simmer 30-45 min.

Serve with shredded cheese and corn chips.

EXCITE *your* TASTE BUDS *naturally!*

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