



## GRAND HAVEN BISON CHILI

*from "Fuel Up with Laird Hamilton"*

### Ingredients:

- |                                 |  |
|---------------------------------|--|
| 2 Tbsp olive oil                | 1 cup beef broth                           |
| 2 medium onions, finely chopped | 3 Tbsp tomato paste                        |
| 2 cloves garlic, crushed        | 1 Tbsp dried oregano                       |
| 1 Tbsp paprika                  | 2 tsp dried basil                          |
| 1 tsp red pepper flakes         | 2 tsp dried savory                         |
| 1 tsp ground cumin              | 1/2 tsp dried thyme                        |
| 1 tsp ground coriander          | 2 bay leaves                               |
| 1 lb ground bison               | 2 Tbsp masa harina                         |
| 1/4 lb mushrooms, chopped       | 2 green onions, chopped, for garnish       |
| 1 (28-oz) can chopped tomatoes  | 1 Tbsp chopped fresh cilantro, for garnish |

1. In a large saucepan, heat the oil over medium heat. Add the onions, garlic, paprika, red pepper flakes, cumin, and coriander and saute for 4 minutes.
2. Add the bison, increase the heat to high, and thoroughly brown the meat for 10 minutes, breaking the meat up as you go.
3. Stir in the mushrooms, tomatoes, broth, tomato paste, and herbs. Bring to a boil, then reduce the heat and simmer briskly for about 1 1/2 hours, stirring occasionally. The chili should be thick but still slightly liquid at this point.
4. Stir in the masa harina and simmer for 15 minutes. Discard the bay leaves and serve in bowls. Garnish with green onions and cilantro.