



VENISON COWBOY CHILI

*This easy **Highland Farm** Venison Chili recipe is hearty and delicious, perfect for the cold months*

Ingredients

1 pound **Highland Farm** Premium ground venison
Cooking Spray
1 cup chopped sweet onion
4 garlic cloves, minced
1 jalapeno pepper, seeded and chopped
1 (14.5-ounce) can diced tomatoes, undrained
1 (14-ounce) can fat free, less sodium chicken broth
1 (15-ounce) can red kidney beans, rinsed and drained

Spices

2 Tablespoons chili powder
½ teaspoon salt
½ teaspoon ground cumin
½ teaspoon ground red pepper
½ teaspoon ground black pepper

Preparation

Heat a small Dutch oven or deep pan over medium-high heat. Coat pan with cooking spray. Add Highland Farm venison; cook 3 minutes or until browned, stirring to crumble. Remove from pan with a slotted spoon. Cover and keep warm. Reduce heat to medium. Add onion, bell pepper, garlic, and jalapeño to pan; cook 10 minutes or until tender, stirring frequently. Stir in all spices. Add venison, diced tomatoes, chicken broth, and tomato paste, stirring until well combined; bring to a boil. Cover; reduce heat, and simmer 30 minutes. Add red kidney beans; cook, uncovered, 15 minutes.
