

MINTY BISON & PEAS

Time: 45 minutes

Serves: 4

Ingredients:

1 tablespoon extra virgin coconut oil
1 large onion – chopped
1 ½ teaspoons kosher salt
1 teaspoon chili powder
2 teaspoons ground coriander
½ teaspoon turmeric
½ teaspoon fresh ginger – grated
3 cloves garlic – finely chopped or crushed
2 tomatoes – sliced
1 pound ground bison
1 small jalapeno – seeded and finely chopped
1 cup carrot – finely sliced or matchstick cut
1 cup small peas – fresh or thawed from frozen
¼ cup fresh cilantro – coarsely chopped
2 tablespoons fresh mint – finely chopped

Preparation:

Preheat the coconut oil in a deep frying pan or wok over medium heat then add the onions, stirring occasionally for five minutes.

Add the salt, chili powder, coriander, turmeric, ginger and garlic, stirring for one minute then add the tomatoes, stirring for an additional minute.

Mix in the bison and cook, stirring often to break up any lumps for ten minutes.

Add the jalapeno, carrot, peas, mint and cilantro, stirring occasionally for three minutes. Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 286
Fat: 11g
Carbs: 15g
Fibre: 4g
Protein: 32g