



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BISON & HUMMUS

Time: 25 minutes

Serves: 4

Ingredients:

1 pound ground bison
2 large shallots – chopped
2 tablespoons tomato paste
1 teaspoon kosher salt
¼ teaspoon cinnamon
¼ teaspoon ground cumin
¼ teaspoon chili powder
¼ teaspoon turmeric
¼ teaspoon fresh ground black pepper
¼ cup fresh mint - chopped
14 ounce can chickpeas – rinsed and drained
1 tablespoon fresh lemon juice
1 clove garlic - very finely chopped or crushed
½ teaspoon paprika
¼ cup water
2 tablespoons extra-virgin olive oil

Preparation:

For the bison, preheat a heavy cast pan on medium-high then add the bison, stirring and breaking apart for three minutes.

Add the shallots and cook, stirring often for another three minutes.

Stir in the tomato paste, ½ teaspoon of salt, the cinnamon, cumin, chili, turmeric and pepper, cooking for five more minutes.

Remove from heat and top with the mint.

For the hummus, place the chickpeas, remaining ½ teaspoon of salt, the lemon juice, garlic, paprika and water in a food processor. Pulse until the mixture is nearly smooth, then run the blade constantly while drizzling in the olive oil.

Serve the hummus alongside the bison.

Nutritional Information Per Serving:

Calories: 430
Fat: 16g
Carbs: 32g
Fibre: 8g
Protein: 39g