



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BISON KEEMA

Time: 30 minutes

Serves: 4

Ingredients:

2 cups yam – peeled and diced
2 teaspoons extra-virgin coconut oil
2 cloves garlic - finely chopped or grated
1 teaspoon fresh grated ginger
1 ½ teaspoons garam masala
1 onion – diced
1 pound ground bison
1 ½ teaspoons kosher salt
¼ teaspoon fresh ground black pepper
1 cup frozen green peas
2 roma tomatoes – diced
1 jalapeno or other hot pepper – finely chopped
1 tablespoon freshly squeezed lemon juice
2 tablespoons cilantro – finely chopped

Preparation:

Half fill a medium pot with water and place on high heat. When the water reaches a boil, add the yam. Return to a boil then reduce heat to simmer for ten minutes. Remove from heat, drain and set aside to keep warm.

Place a frying pan on medium heat and add the coconut oil. Once the oil is hot, add the garlic, ginger and garam masala, stirring constantly for thirty seconds.

Add the onion to the pan, stirring occasionally for three minutes.

Place the bison in the pan, stirring and breaking apart until lightly browned.

Stir in the salt pepper and peas, stirring occasionally for three minutes.

Add the tomato and hot pepper, stirring occasionally for another two minutes.

Add the yams, stirring gently to warm for one minute.

Remove from heat. Gently stir in the lemon juice and cilantro, serving immediately.

Nutritional Information Per Serving:

Calories: 284
Fat: 8g
Carbs: 26g
Fibre: 5g
Protein: 26g