



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PICADILLO

Time: 45 minutes

Serves: 4

Ingredients:

1 pound ground bison
1 large onion – chopped
1 green bell pepper – seeded and chopped
2 cloves garlic - finely chopped or grated
28 ounce can diced tomatoes
2 cups yam – peeled and diced
½ cup dry white wine
1 tablespoon hot sauce
1 ½ teaspoons ground cumin
1 ½ teaspoons ground coriander
1 ½ teaspoons kosher salt
¼ teaspoon fresh ground black pepper
½ cup pitted green olives – chopped
½ cup raisins

Preparation:

In a wide pot or frying pan large enough to hold all ingredients, cook the bison on medium-high until just browned.

Add the onion and bell pepper, stirring occasionally for two minutes.

Stir in the remaining ingredients except the olives and raisins. Bring to a boil, then reduce heat to simmer partially covered for thirty minutes.

Add the olives and raisins, simmering covered for five minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 400
Fat: 11g
Carbs: 51g
Fibre: 7g
Protein: 27g