

# BISON PEPPER POT

**Time: 2.5 hours**

**Serves: 4**

### Ingredients:

2 tablespoons grapeseed or other neutral-flavoured oil  
1 pound bison stew pieces  
1 onion – roughly chopped  
1 bunch kale – thick stems discarded & leaves roughly chopped  
2 teaspoons dried thyme  
2 teaspoons allspice  
2 Scotch bonnet peppers – halved  
1 ¼ teaspoons kosher salt  
¼ teaspoon fresh ground black pepper  
1 can (6 ounces) tomato paste  
1 ½ cups beef stock  
1 pound yam – peeled and cubed to ¾"

### Preparation:

Preheat oven to 325F.

Place a dutch oven on medium-high heat and add the oil.

When the oil is hot, add the bison, turning occasionally until browned on all sides.

Stir in all remaining ingredients except the yam. Cover the pot and place in the oven for one hour.

Add the yam to the dutch oven and toss gently, returning it covered to the oven for one more hour.

Remove from the oven. Toss gently and serve immediately.

### Nutritional Information Per Serving:

Calories: 387

Fat: 12g

Carbs: 41g

Fibre: 6g

Protein: 29g