

Available Now...

Buffalo

The great American bison is the largest land mammal in North America. There are approximately 450,000 bison across North America in public and private herds.

Buffalo is a source of protein, vitamins B6 and B12, iron as well as other vitamins and minerals.

Look for Colorado buffalo at grocery and specialty stores and at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit
www.coloradoagriculture.com
for a complete list of recipes.

Buffalo and Bean Chili

Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.

- 4 slices Applewood Bacon, medium dice
- 1 lb. Buffalo Stew Meat, medium dice
- 2 cloves Garlic, smashed and minced
- 1/2 ea. Red Bell Pepper, medium dice
- 1/2 ea. Green Bell Pepper, medium dice
- 1/2 ea. Yellow Bell Pepper, medium dice
- 1/2 ea. Small Yellow Onion, medium dice
- 1 ea. Small Fresh Jalapeno, minced
- 1 14oz. can Diced Tomato
- 1 14oz. can Crushed Tomato
- 1-1/2 cans Pinto Beans, drained
- 2 Tbsp. Cumin
- 4 Tbsp. Chili Powder
- 1 Tbsp. Seasoning Salt
- 1 tsp. Sea Salt
- 1 tsp. Liquid Smoke

Sauté bacon. Add buffalo and garlic and cook until buffalo is browned. In a separate pan sauté onion and peppers until golden. Combine onions and peppers with sautéed meat, add jalapeno and cook. Add tomatoes, beans and seasonings and simmer for 35 minutes. Serve with cornbread muffins.

Enjoy with a Colorado wine, such as a glass of Syrah from Mountain View Winery, located in Olathe, Colorado.



Next Month... Millet