

Montana Bison and Lentil Chili

Our bison and lentil chili features local bison and lentils with a savory blend of spices.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 30 minutes

Cook Time: 2 hours

NSLP/SBP crediting information:

1 cup (8 fl oz spoodle) provides

Crediting Lentils and Bison as Meat/Meat Alternates, Beans as Vegetables: 2 oz equivalent meat/meat alternate (1 oz bison + $\frac{1}{4}$ cup lentils), $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable

Or

Crediting Lentils, Beans, and Bison as Meat/Meat Alternates: 3 $\frac{1}{2}$ oz equivalent meat/meat alternate (1 oz bison + $\frac{5}{8}$ cup legumes (kidney beans + pinto beans + lentils)), $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable

Or

Crediting Lentils and Beans as Vegetables: 1 oz equivalent meat (1 oz bison), $\frac{3}{8}$ cup red/orange vegetable, $\frac{5}{8}$ cup legumes (kidney beans + pinto beans + lentils), $\frac{1}{8}$ cup other vegetable, and $\frac{1}{8}$ cup additional vegetable.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		¼ cup		½ cup	1. Heat oil in large stock pot or tilt skillet. Add onions, green peppers (or fajita style vegetables), garlic, and sauté until soft. Add salt and bison and cook until browned, breaking up chunks. Stir in spices and tomato paste. Mix until bison is fully cooked and fully coated in spices. Critical Control Point: Cook to 155 °F for at least 15 seconds.
*Onions, fresh, diced very small	1 lb 10 oz	1 qt 1 cup	3 lb 4 oz	2 qt 2 cups	
*Green pepper, fresh, diced		2 ½ cups		1 qt 1 cup	
OR					
USDA fajita style peppers, diced)	1 lb		2 lb		
Garlic, minced	5.7 oz	¾ cup	11.4 oz	1 ½ cups	
Bison, ground, raw	5 lb		10 lb		
Salt		1 Tbsp		2 Tbsp	
Cumin, ground, dry	1.5 oz	⅓ cup	3 oz	⅔ cup	
Chili powder	1.7 oz	½ cup	3.4 oz	1 cup	
Smoked paprika	1 oz	¼ cup	2 oz	½ cup	
Tomato paste, canned	1 lb 4 oz	2 cups	2 lb 7 oz	1 qt	
Lentils, dried (Spanish brown lentils from Timeless Seeds,	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	2. Add lentils, diced tomatoes, broth, kidney beans, and pinto beans.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Montana, are preferred; any kind of lentil works)					<p>3. Bring to a boil. Cook until the soup reaches 165 °F.</p> <p>Critical Control Point: Heat to 165 °F for at least 15 seconds.</p> <p>Then, lower heat and allow to simmer, stirring occasionally until chili thickens and lentils are cooked through (about 35 minutes). Add more water if too thick.</p>
Diced tomatoes, canned, drained, low sodium	6 lb 6 oz	3 qt ¼ cup (about 1 No. 10 can)	12 lb 12 oz	1 gal 2 qt ½ cup (about 2 No. 10 cans)	
Beef broth, low sodium		2 qt		1 gallon	
Kidney beans, canned, drained	4 lb 8 oz	2 qt 3 cups (about 1 No. 10 can)	9 lb	1 gal 1 qt 2 cups (about 2 No. 10 cans)	
Pinto beans, canned, drained	4 lb 9 oz	2 qt 2 cups 2 Tbsp (about 1 No. 10 can)	9 lb 2 oz	1 gal 1 qt ¼ cup (about 2 No. 10 cans)	
Lime juice		¼ cup		½ cup	<p>4. Prior to service, stir in the lime juice. Add fresh chopped cilantro before serving.</p> <p>5. Serve an 8 fl oz portion.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>Service options: Serve with shredded cheddar cheese and/or hot sauce.</p>
*Cilantro, fresh, chopped	3 oz	1 cup	6 oz	2 cups	



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	207
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Total Fat	5.5 g
Saturated Fat	1.6 g
Cholesterol	25 mg
Sodium	442 mg
Total Carbohydrate	25 g
Dietary Fiber	7 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	17 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	83 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

	MARKETING GUIDE	
Food as Purchased for	50 Servings	100 Servings
Onion, fresh, diced	1 lb 14 oz	3 lb 12 oz
Green pepper, fresh, diced	1 lb 4 oz	2 lb 8 oz
Cilantro, fresh, chopped	6 oz	12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

YIELD/VOLUME	YIELD/VOLUME
50 Servings	100 Servings
About 3 gallons 1 cup	About 6 gallons 2 cups

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant