

# Easy Elk Chili Recipe

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Substitute ground venison, buffalo, or lean beef for the elk in this hearty chili recipe. You can prepare the chili up to a day ahead, cool to room temperature, and refrigerate. Freeze leftovers in individual freezer-safe zip-top plastic bags for up to two months.

### Ingredients

- 1 lb. ground elk
- 2 cups chopped yellow onion
- 1 cup dry red wine
- 1  $\frac{1}{2}$  cups water
- 1 tablespoon chipotle chile powder
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- $\frac{1}{2}$  teaspoon salt
- 2 (14.5-ounce) can diced tomatoes, undrained
- 2 (14-ounce) cans less-sodium beef broth
- 1 (15-ounce) can red kidney beans, rinsed and drained
- $\frac{1}{4}$  cup reduced-fat sour cream
- $\frac{1}{4}$  cup (1 ounce) reduced-fat shredded cheddar cheese
- 2 tablespoons chopped green onions

### Method

1. Combine elk and 2 cups onion in a Dutch oven; cook over medium-high heat until lightly browned, stirring to crumble. Add wine; bring to a boil. Cook 3 minutes.
2. Stir in 1  $\frac{1}{2}$  cups water, chile powder, and next 6 ingredients (through beans); bring to a boil. Partially cover, reduce heat, and simmer 2 hours (add more water if mixture becomes too thick).
3. Ladle about 1 cup chili into each of 6 bowls; spoon 2 teaspoons sour cream over each.

4. Sprinkle each with 2 teaspoons cheese and 1 teaspoon green onions.

#### Notes

Melissa made this recipe in 2019!

Source: Cooking Light (6 servings)