

# Venison Chili

1 Pound Ground Venison	2 Tablespoons Tomato Paste
1 1/2 Cups Onions, diced	3 Tablespoons Chili Powder
1 1/2 Cups Green Pepper, diced	1 Tablespoon Coriander
2 Cups Black Beans	1 Tablespoon Cumin
1 Cup Corn Kernels	2 Tablespoons Brown Sugar
14.5 Ounce Can Tomatoes, diced	1/2 Teaspoon Salt
1 Cup Cherry Tomatoes, halved	1/2 Teaspoon Fresh Cracked Black Pepper
1 Tablespoon Olive Oil	

Heat olive oil in a large soup pot over medium high heat. Add in venison, and cook until browned. Add in onions, green pepper, and spices, saute until translucent. Add in the beans, corn, tomatoes, tomato paste, and brown sugar, and cook until heated through. Check the seasoning, and add more salt and pepper if necessary. Serve with any combination of cheddar cheese, sour cream, cilantro, lime, or avocado.

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Servings 5

Nutrition Information Per Serving:

Calories	364
Fat	9.7g
Cholesterol	63.4mg
Sodium	400.8mg
Carbohydrates	44.4g
Fiber	10.6g
Sugars	12.2g
Protein	27.5g

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