

HERITAGE BEAN & VENISON CHILI

Prep Time: 20 minutes

Cook Time: 1–1 1/2 hours

Servings: 6

Ingredients

- 1 lb ground venison
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 poblano pepper, diced
- 2 carrots, finely diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 2 cups cooked heritage beans, such as Anasazi, cranberry, Jacob's Cattle, or Rio Zape beans
- 1 can (28 oz.) crushed tomatoes
- 1 can (14.5 oz.) fire-roasted diced tomatoes
- 2 cups low-sodium beef or vegetable broth
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 tablespoon unsweetened cocoa powder

- 1/2 teaspoon ground coriander
- 1/8 teaspoon ground cloves
- 1/4 teaspoon cayenne pepper, optional
- 1/2 teaspoon turmeric, optional
- Sea salt and black pepper, to taste
- 2 cups chopped fresh spinach or kale
- Juice of 1 lime
- 1/4 cup chopped fresh cilantro

Optional Toppings

- Sliced avocado
- Fresh cilantro
- Chopped green onion
- Plain Greek yogurt
- Pumpkin seeds
- Fresh lime wedges

Instructions

1. Brown the Venison

Heat the olive oil in a large Dutch oven or heavy soup pot over medium heat.

Add the ground venison and cook until browned, breaking it apart as it cooks.

2. Add the Vegetables

Add the onion, garlic, bell pepper, poblano, carrots, celery, and zucchini.

Cook for **6–8 minutes**, stirring occasionally, until the vegetables begin to soften.

3. Add the Spices

Stir in the chili powder, cumin, smoked paprika, oregano, cocoa powder, coriander, cloves, cayenne, turmeric, salt, and black pepper.

Cook for about **1 minute**, stirring continuously, until fragrant.

4. Simmer

Add the heritage beans, crushed tomatoes, fire-roasted tomatoes, tomato paste, and broth.

Bring to a gentle simmer, reduce the heat, partially cover, and cook for **45–60 minutes**, stirring occasionally.

Add additional broth if needed.

5. Add the Greens

During the final **5 minutes**, stir in the spinach or kale.

Remove from the heat and stir in the lime juice and fresh cilantro.

6. Serve

Top with avocado, cilantro, green onion, Greek yogurt, pumpkin seeds, or fresh lime.