

Bison and Wild Rice Soup

Recipe Yield: 8 cups
Serving Size: 1 cup
Servings per Recipe: 8

You will need

1 pound	Ground bison, thawed
1 large	Green bell pepper, chopped
¼ cup	Onion, chopped
2 cups	Wild rice, cooked (1 cup dry)
1 (15.5 ounce) can	Tomatoes, diced, undrained
1 (15.5 ounce) can	Tomato sauce
3 cups	Water
½ teaspoon	Black pepper (optional)

Can opener
Cutting board
Knife
Measuring spoons
Measuring cups
(liquid and dry)
Large pot
Spatula or Spoon

Options

For more flavor, add garlic or crushed red pepper.

Other vegetables could be added to the soup. Try squash, carrots, or green beans.

Instead of wild rice, try a pasta like whole wheat rotini.

The soup can be made ahead of time and frozen. Thaw and reheat in the microwave or on the stove top.



Nutrition Facts

Serving size	1 cup
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 60mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 3mg	15%
Potassium 564mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What to do

1. In a large pot over medium high heat, cook ground bison. Drain ground bison and return to pot.
2. Add green pepper and onion. Cook for 2-3 minutes or until tender.
3. Stir in wild rice, diced tomatoes, tomato sauce, water, and black pepper, if using.
4. Bring to a boil. Reduce heat to simmer and cook uncovered for 10-15 minutes.
5. Serve warm.