

BUFFALO CHILI

1 lb ground buffalo meat*
2 large onions, chopped
2-4 cloves garlic, minced
2 (8 oz) cans no-salt-added
tomato sauce
1-1/2 cups water
3 tbsp chili powder
1/8 tsp cayenne pepper

1 tsp ground cumin
1 tbsp fresh oregano or 1 tsp dried oregano
Freshly ground black pepper to taste
1/2 tsp salt (optional)
2 (15 oz) cans pinto beans, rinsed and drained
2 tbsp cornstarch
1/4 cup cold water

Heat a heavy, nonstick skillet over medium-high heat. Add ground meat and sauté, stirring occasionally 4-5 minutes, or until meat is no longer pink. Pour contents of pan into a strainer or colander lined with paper towels. Allow fat to drain out.

In large, heavy saucepan, heat oil over medium-high heat. Add onions and sauté 2 to 3 minutes or until translucent. Add meat, garlic, tomato sauce and 1-1/2 cups water. Simmer 20 minutes. Stir in chili powder, cayenne pepper, cumin, oregano, pepper, salt and pinto beans. Allow to thicken and cook an additional 30 to 40 minutes. Combine cornstarch and cold water. Stir into chili mixture to thicken, and cook an additional 3 to 4 minutes. Serve hot. Serves 6.

*Beef may be substituted for buffalo

Per serving:

Calories: 417	Sodium: 789 mg
Total fat: 14 g	Dietary fiber: 14g
Saturated fat: 4 g	Carbohydrates: 42g
Cholesterol: 77 mg	Protein: 30 g





YAM CAKES

2 cups flour, sifted
2-1/2 tsp baking powder
1-1/2 tsp sugar
1-1/2 tsp salt
1 cup yams or sweet potatoes, mashed
1/2 cup vegetable oil
1/2 cup milk powder

Sift together flour, baking powder, sugar and salt. In a separate bowl, mix mashed yams, vegetable oil and milk until well blended. Add yam mixture to flour mixture and combine lightly with a fork until mixture holds together. Turn dough out onto floured surface and knead gently, about 12 kneading strokes, until smooth. Roll out to about 1/4 inch thick and cut in rounds with a floured biscuit cutter. Place on baking sheet and bake at 425 degrees for 10 to 20 minutes. Serve hot. May be split and toasted when cold. Makes about 18 (3 inch) cakes.

Per serving:

Calories: 118	Sodium: 228 mg
Total fat: 6 g	Dietary fiber: 59 g
Saturated fat: 1 g	Carbohydrates: 13 g
Cholesterol: 92 mg	Protein: 2 g

