

# Slow Cooker Venison Chili

**Prep Time:** 30 Minutes

**Total Time:** 8 Hours



## Ingredients

- 2 pounds ground venison (or ground beef)
- 2 large onions, chopped
- 1 red bell pepper, chopped
- 15 ounces canned black beans - no salt added, drained and rinsed
- 2 pounds canned pinto beans - no salt added drained and rinsed
- 15 ounces canned kidney beans - no salt added, drained and rinsed
- 15 ounces canned corn - no salt added, drained
- 2 ¾ pounds canned diced tomatoes - no salt added
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 2 tablespoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper

## Directions

- Wash hands.
- Brown ground venison in skillet and drain.
- Add cooked venison to slow cooker.
- Add onions and red peppers to slow cooker.
- Combine remaining canned items and spices in slow cooker.
- Stir well and cook on high for 4 hours or cook on low for 8 hours.
- **To prepare on a stovetop**, brown ground venison in a pot. Add onions and red peppers and sauté. Combine remaining canned items and spices and add to pot. Stir well and simmer uncovered for about 30-40 minutes.

## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>(501g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>360</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 39g	
Vitamin D 0mcg	<b>0%</b>
Calcium 146mg	<b>10%</b>
Iron 7mg	<b>40%</b>
Potassium 1377mg	<b>30%</b>
*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.	

## Quick Tips

- ▶ Venison can be substituted for beef in many recipes including stews, pot roasts, and marinated steaks.
- ▶ Always follow food safety guidelines to keep you from getting sick from food borne illness.

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