



BISON MEATBALLS

servings: 4

prep time: 30 mins

cook time: 11 mins

INGREDIENTS

1 lb. Ground Bison

1 ½ tsp Salt

1¼ cup Wild Paddy Rice,
cooked

1 ½ tsp Garlic Powder

¼ cup Dried Cranberries

DIRECTIONS

1. Preheat oven to 350 °F. Finely chop cranberries.
 - a. Tip: Option to use a food processor for this step if available.
2. Mix raw ground bison with the cooked wild rice, chopped cranberries, and spices.
 - a. Tip: Using a stand mixer ensures an even mixture of ingredients.
3. Use your hands or a small ice cream scoop to form 1 ½ inch meatballs and place meatballs on a baking pan.
4. Cook the meatballs in the oven at 350 °F for 11 min, or until they have reached an internal temperature of at least 165 °F.
5. Serve Hot.
 - a. To reheat, place a saute pan over medium heat and add 1 Tbsp of oil. Saute meatballs in the pan for 1 minute, add 1-2 Tbsp of water and cover to steam until the dumplings are warm.