



FarmFresh

Recipes

November 2019

Available Now...

Bison

National Bison Day is November 2. There are nearly 400,000 head of bison on public and private lands across North America.



Photo by Jenn Hafelfinger.

Tips & Nutrition

Bison meat is very high in protein and a great source of iron. It will cook faster than beef, so cook on lower heat and watch carefully so it does not get over done.

Fresh Inspirations...

Bison Meatloaf

Ingredients

2 lb. Ground Bison
1/4 cup Sweet Yellow Onion, minced
1-1/2 tbsp. Sweet BBQ Seasoning Blend
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1 tbsp. Fresh Garlic, minced
1 tsp. Dried Italian Herbs
3 Eggs
1 cup Unseasoned Panko Bread Crumbs
1 cup Jalapeno Jack Cheese, shredded
1/2 cup Sweet BBQ Sauce

Directions

In a large stainless steel mixing bowl, add the bison, onion, seasonings and garlic and mix well. Add the eggs, cheese, and breadcrumbs and mix well to combine then add BBQ Sauce to taste. Form into two loaves and keep cold in the refrigerator until needed. Preheat oven to 375 degrees. Place meatloaf onto a sheet pan (with sidewalls) and cook until internal temperature reaches 160 degrees, approximately 55 minutes. During the last 10 minutes of cooking, glaze with more BBQ sauce if desired. Remove from the oven, place meatloaf on cutting board and allow to rest for 5 minutes before slicing.

Enjoy with a glass of Colorado wine such as Petite Sirah from Snowy Peaks Winery in Estes Park, Colorado. This wine is part of the 2019 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... **Colorado Beef**