



BISON MEATLOAF

Bison meat is heart healthy, nutritious and delicious, when seasoned correctly. Bison keeps the flavor of any added spices or flavoring you use. So don't be afraid to add new flavors to your bison meat. Enjoy!



Prep time: **5 minutes** cook time: **90 minutes** Yields: **6 servings**

Ingredients

- 2 pounds ground bison
- 3 garlic cloves, finely minced
- 2 eggs, beaten
- 1/4 medium sweet onion, finally minced
- 1/2 teaspoon pepper
- 1/2 cup seasoned bread crumbs
- 1/2 cup parmesan cheese, grated
- 1/2 teaspoon salt
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon ground thyme
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon sage

Directions

Preheat oven to 350° degrees.

Add all the ingredients to a bowl, with your hand mix all the ingredients well.

Spray a shallow, casserole dish or a small roasting pan with cooking spray.

Add the meat mixture to the dish, and pat it into an oval shape.

Lightly spray the top of the meat loaf with cooking spray.

Bake for 75 to 90 minutes. Or until cooked through.

Can be served as is or with Italian-style sauce.

Nutrition Facts

8 servings per container

Serving size **1 serving (188g)**

Amount Per Serving

Calories **330**

% Daily Value*

Total Fat 21g **27%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 460mg **20%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

Protein 28g **56%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) 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.