



Bison Burger

Bison has fewer calories and less saturated fat than beef, making it a heart healthy choice. Try this recipe for your next backyard dinner.

Prep time: **15 Min.** Cook time: **55 Min.** Yield: **8 servings**



Ingredients

- 2 pounds** Ground bison
 - 1 tablespoon** Worcestershire sauce
 - 1/2** Shallot or onion, finally chopped
 - 1 1/2 teaspoon** Kosher salt
 - 1/2 teaspoon** Ground black pepper
 - 1/2 teaspoon** Coriander
 - 1/2 teaspoon** ground mustard
 - 2 tablespoon** Butter
 - 2** Large onions, thinly sliced
 - 8** slices of white cheddar cheese
 - 8** hamburger buns
 - Romaine lettuce, for serving
- Serve with:** homemade sweet potato fries, grilled vegetables or air fryer carrots.

Directions

- In a large bowl, combine bison, Worcestershire sauce, shallot, garlic, salt, pepper, coriander, and ground mustard. Form into 1 quarter inch thick patties slightly larger than your hamburger buns. Let sit at room temperature for 30 minutes.
- In a large skillet over medium heat, melt butter. Add onions and cook, stirring occasionally, until golden, about 20 minutes. Remove from skillet and place on a plate, tent with foil to keep warm.
- Return skillet to heat and cook patties for 3 minutes, flip, add cheese and cook for 3 more minutes for **medium**. Work in batches as necessary. Place patties on a cutting board and let rest for 5 minutes.
- Add the burger to a toasted bun, top with the caramelized onion and any of your favorite burger toppings.

Nutrition Facts

servings per container	
Serving size	(254g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 640mg	28%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 6mg	35%
Potassium 538mg	10%

*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.