

BISON MEATBALLS

Serving Size: 4 People

INGREDIENTS

- 1 lb ground bison
- 1/4 cup + 2 Tbsp fresh breadcrumbs (finely minced bread, day old bread is best)
- 2 Tbsp whole milk
- 2 Tbsp butter
- 3 Tbsp diced onion, 1/4"
- 3 Tbsp diced celery, 1/4"
- 3 Tbsp diced carrots, 1/4"
- · 2 cloves, garlic, finely minced
- 2 Tbsp parmesan cheese
- 1 tsp chopped fresh sage
- 1 tsp chopped fresh thyme
- 1 egg
- 1 tsp salt
- 1 tsp pepper
- · Tomato sauce for serving

DIRECTIONS

- 1. Preheat oven to 375 degrees.
- 2. Soak the cut fresh bread in milk until fully absorbed, about 5 minutes.
- 3. Sauté vegetables briefly with butter, then add garlic and herbs and sauté until translucent, about 5 minutes at medium heat.
- 4. Cool to room temperature.
- 5. Mix all ingredients until well combined. Do not overmix.
- 6. Scoop out with a 1 or 2 oz scoop. Place on a parchment paper-lined pan.
- 7. Roast at 375 degrees for 12-14 minutes.
- 8. Serve with tomato sauce of your choice as an appetizer or with pasta.



