

BISON RECIPES

Bison Tacos

1 pound Ground bison
8 Tortillas
1 packet Taco seasoning
¼ cup Beef broth
1 tablespoon Avocado oil
2 teaspoons Tomato paste

Heat avocado oil in a large skillet or large cast iron pan to medium heat.

Add your ground bison and cook for 8 minutes or until browned and has an internal temperature of 160 degrees Fahrenheit. To the pan with the meat, add the tomato paste and combine with the meat, and cook for 2 minutes. You don't need to drain the excess fat.

Add the beef broth to the meat and cook for 1 minute.

Then add your taco seasoning and cook for 2-3 minutes.

Warm your tortillas, then spoon the taco filling into the warm tortillas and serve with fresh cilantro and diced onions.

Bison Stew

2 pounds bison meat, cubed
1/2 cup vegetable oil
1 cup yellow onions, coarsely chopped
1 cup red onions, coarsely chopped
1 1/2 quarts water
4 teaspoons beef bouillon
2 to 3 bay leaves
20 peppercorns
1/4 teaspoon ground mustard
1/2 teaspoon garlic powder
1/2 teaspoon dried thyme leaves
2 cups sliced carrots
2 cups chopped celery
3 tomatoes, peeled and chopped
1 medium turnip, diced
1 medium rutabaga, diced
1 medium yam, diced
1 large ear sweet corn, kernels removed
Salt and pepper

On the Stovetop, brown the meat in a large pot with the oil and onions. Add 1 quart of water to the pot along with the bouillon and bring to a simmer. Add spices and remaining vegetables to the pot and simmer for 45 minutes. Add another 1/2 quart of water and continue simmering for an additional 1 1/2 hours. If you want the vegetables to be firmer, wait to add them about 45 minutes into this second simmer. Season with salt and pepper.

